The Vichy thermal waters have their origins at the foot of the volcanoes in Auvergne. Being in contact with magma, the water is heated and then rises from more than 4,000 metres beneath the surface of the Earth. The water follows the same path as thousands of years ago, through an extraordinary diversity rocks.

Vichy thermal waters are naturally sparkling and rich in mineral salts and trace elements, such as bicarbonate, lithium, calcium, iron, manganese, potassium, strontium, zinc and fluoride. Contrary to what is usually thought, however, they contain only small amounts of sodium chloride, more generally known as salt, common salt or table salt.

The waters are taken directly from hot springs so you can benefit all the more from their goodness.

Whether you drink Vichy thermal water for health reasons, use it for cooking, or as part of a spa treatment, it helps counter the effects of an overly acidic diet, facilitates digestion, and reduces fatigue and muscle cramps. It also lowers cholesterol and reduces the risk of cardiovascular disease.

In terms of well being, the "Signature" spa treatments help you to reduce stress and relax, due to their anti-inflammatory properties.

Skin beauty treatments with Vichy thermal mineralizing water soothes, rebalances, reinforces and regenerates skin, to make it stronger every day.
Our "Health-Well being-Beauty" care treatment programmes are based on the five essential principles of our Vichy Method: initial medical and dietetics consultations for the Health programmes; the Signature trilogy of Vichy thermal water treatments; expert care treatments; progressive and regular physical activities; and Health & Taste Sensation nutrition.

Our programmes have been put together to help you understand more about your own health, your own well-being and the way you look and feel.

We are here to give you the keys to a healthier lifestyle.
LES CÉLESTINS HEALTH CLINIC
PART OF THE VICHY THERMAL SPA LES CÉLESTINS

Our multidiscipline team has created care treatment programmes which can be personalised to your needs in terms of overall health, anti-ageing, beauty and optimising well-being.

WE ARE LOOKING FORWARD TO TAKING CARE OF YOU.

- General Practitioners/Thermal Practitioners
- Cosmetic surgeon
- Dermatologist
- Gynaecologists
- Midwife
- Dieticians
- Physiotherapists
- Osteopath

- Etiopath
- Behavioural therapist
- Music therapist
- Sophrologist
- Yoga teacher
- Personal trainers
- Dermal therapists
- Hydro-therapists

NEED A MEDICAL CHECK-UP?

The doctors in our Health Clinic are there to give you a comprehensive clinical examination and provide an assessment of the current state of your health, to protect your future.

2 medical consultations including blood tests and analyses + 1 dietetics consultation with a nutritional assessment.

Blood tests and other examinations, if required, are not included in the price of this programme.

Made in parallel to your minimum 6 day stay.

MEDICAL CHECK-UP: €230
WHICH PROGRAMME BEST MEETS YOUR NEEDS?

I WANT TO...

- Losing weight and reducing cellulite.
- Eliminating toxins and revitalising my system.
- Easing pain from my back and joints.
- Learning to manage stress and avoid burnout.
- Making my pregnancy a time to enjoy (programme between the 4th and 7th month).
- Managing the changes to my body with serenity.
- Regaining my femininity after breast cancer.
- Stopping smoking, controlling my weight and cleansing my skin.
- Taking a break from modern technology, avoiding professional overwork and learning to switch off.
- Have the freedom to create my own programme of expert care treatments.
- Control my emotions and let go.
- Relax and feel good.

SLIMMING & ANTI-CELLULITE

DETOX

BACK & JOINT PAIN

STRESS RELIEF & BURNOUT

PRENATAL

SERENE ABOUT FIFTY

AFTER BREAST CANCER

ANTI-SMOKING

DIGITAL DETOX®

THE IMPERIAL

SERENITY IN MIND AND BODY

WELL-BEING

VITALITY

MEN ONLY

ANTI-AGE

CÉLESTINS COMPLEXION

SHORT BREAKS

Boost energy.

Relax and recharge my batteries.

Regenerate my cellular activity and visibly correct any signs of ageing.

Get back a radiant and glowing complexion.

Short Breaks Gift Ideas!
THE VICHY METHOD

"HEALTH-WELL BEING-BEAUTY" TREATMENT PROGRAMMES BASED ON FIVE ESSENTIAL PRINCIPLES.

1 ONE MEDICAL CONSULTATION & ONE DIETETICS CONSULTATION

2 A TRILOGY OF « SIGNATURE » TREATMENTS WITH VICHY THERMAL WATER EACH DAY

3 ONE EXPERT CARE TREATMENT EACH DAY

4 PROGRESSIVE AND REGULAR PHYSICAL ACTIVITIES EVERY OTHER DAY

5 HEALTH & TASTE SENSATION NUTRITION WITH VICHY CÉLESTINS MINERAL WATER

FOR THE HEALTH PROGRAMMES.

Get a prescription for a Vichy mineral water drinking cure + Post cure follow-up on Internet VICHYDIET for 6 months.

EFFECTIVE DUE TO THE REPETITION OF TREATMENTS.

Vichy Shower with 2 hand massage. + Phyto-mineral Mud Wrap + Hydromassage bath with Vichy thermal water, alternating every other day with an invigorating jet shower. After breast cancer: shoulder & upper arm jet shower instead of the invigorating jet shower.

EFFECTIVE DUE TO THE SYNERGY OF TREATMENTS.

If required, you can have 2 expert care treatments each day: please ask for rates.

Details of the treatments given by experts for your programme are provided on Page 19.

Sessions with a personal trainer, or sport in a thermal water pool.

Cardio training sessions are also available.

Free access to all group fitness classes.

Physical activities every day for the Prenatal & After breast cancer programmes.

Depending on whether your stay is full or half board, or your personal choice of menu.

For the health programme our dieticians personalise your meals with our Chef.
HEALTH PROGRAMMES

FOLLOWING THE VICHY METHOD: One medical consultation + one dietetics consultation + a trilogy of “Signature” treatments with Vichy thermal water each day + one expert care treatment each day (page 19) + progressive and regular physical activities every other day + Health & Taste Sensation nutrition with Vichy Célestins water.

SLIMMING & ANTI-CELLULITE
- **MINIMUM 6 DAYS, €398 PER DAY AND PER PERSON FULL BOARD WITH HEALTHY EATING MENUS*, €259 PER DAY EXCLUDING ACCOMMODATION**
  - Firming up your body, improving your body shape, and balancing your diet.

DETOX
- **MINIMUM 4 DAYS, €398 PER DAY AND PER PERSON FULL BOARD WITH HEALTHY EATING MENUS*, €259 PER DAY EXCLUDING ACCOMMODATION**
  - Eliminating toxins from your system and starting a new, healthy lifestyle.

BACK & JOINT PAIN
- **MINIMUM 4 DAYS, €382 PER DAY AND PER PERSON HALF BOARD*, €270 PER DAY EXCLUDING ACCOMMODATION**
  - Soothing your back and joint pain and improving mobility. Life is about movement.

STRESS & BURN OUT
- **MINIMUM 4 DAYS, €373 PER DAY AND PER PERSON HALF BOARD*, €261 PER DAY EXCLUDING ACCOMMODATION**
  - Learning to manage stress, avoiding burnout and sleeping better.

PRENATAL - BETWEEN THE 4TH AND 7TH MONTH OF PREGNANCY
- **MINIMUM 4 DAYS, €336 PER DAY AND PER PERSON HALF BOARD*, €220 PER DAY EXCLUDING ACCOMMODATION**
  - Providing support during this privileged time, to make sure you really enjoy your pregnancy with the help that Vichy thermal water brings.

SERENE ABOUT FIFTY
- **MINIMUM 3 DAYS, €392 PER DAY AND PER PERSON HALF BOARD*, €282 PER DAY EXCLUDING ACCOMMODATION**
  - Managing the changes to your body during this natural process, to find well-being and vitality. Coping with hot flushes, difficulty sleeping, mood changes, anxiety, and weight gain.

AFTER A BREAST CANCER
- **FOR A 6 DAY STAY (WE RECOMMEND 2 X 6 DAYS), €395 PER DAY AND PER PERSON HALF BOARD*, €285 PER DAY EXCLUDING ACCOMMODATION**
  - Gaining physical and emotional equilibrium through our specially adapted treatments. Regaining your femininity and self-confidence. You will need a medical certificate for non-contraindication from your oncologist.

ANTI-SMOKING
- **MINIMUM 3 DAYS, €371 PER PERSON HALF BOARD*, €259 PER DAY EXCLUDING ACCOMMODATION**
  - Helping you to stop smoking, controlling your weight and cleansing your skin.

DIGITAL DETOX®
- **MINIMUM 3 DAYS, €377 PER DAY AND PER PERSON HALF BOARD*, €265 PER DAY EXCLUDING ACCOMMODATION**
  - Learning how to take a short break from modern technology, avoiding professional overwork and learning how to switch off.

The Thermal Spa Pass (page 10) is included in all our treatment programmes and is also free for any accompanying persons sharing your room but not taking the thermal water treatment.
WELL BEING PROGRAMMES

FOLLOWING THE VICHY METHOD: A trilogy of “Signature” treatments with Vichy thermal water, each day + one expert care treatment each day (page 19) + progressive and regular physical activities every other day + Health & Taste Sensation nutrition with Vichy Célestins water.

THE IMPERIAL

MINIMUM 3 DAYS, €395 PER DAY AND PER PERSON HALF BOARD*, €286 PER DAY EXCLUDING ACCOMMODATION**

The privilege to freely choose each day’s expert care treatment.

SERENITY IN MIND AND BODY

MINIMUM 4 DAYS, €425 PER DAY AND PER PERSON, WITH BREAKFAST*, FROM €360 PER DAY EXCLUDING ACCOMMODATION**

Lear how to control your emotions, optimise personal resources and improve well-being.

Choose the day you arrive at the Hotel: Sunday, Monday or Tuesday.

WELL-BEING

MINIMUM 3 DAYS, €286 PER DAY AND PER PERSON, WITH BREAKFAST*, FROM €206 PER DAY EXCLUDING ACCOMMODATION**

Take time out for some optimal relaxation, head and body.

VITALITY

MINIMUM 3 DAYS, €296 PER DAY AND PER PERSON, WITH BREAKFAST*, FROM €217 PER DAY EXCLUDING ACCOMMODATION**

Boost your energy and prolong fitness.

SPECIALY FOR MEN

MINIMUM 3 DAYS, €317 PER DAY AND PER PERSON, WITH BREAKFAST*, FROM €240 PER DAY EXCLUDING ACCOMMODATION**

A personalised relaxation programme for men: «face and body».

BEAUTY CARE PROGRAMMES

FOLLOWING THE VICHY METHOD: A trilogy of “Signature” treatments with Vichy thermal water, each day + one expert care treatment each day (page 19) + progressive and regular physical activities every other day + Health & Taste Sensation nutrition with Vichy Célestins water.

ANTI-AGEING

MINIMUM 3 DAYS, €342 PER DAY AND PER PERSON, WITH BREAKFAST*, FROM €268 PER DAY EXCLUDING ACCOMMODATION**

Regenerate cellular activity and visibly correct any signs of ageing. Make the skin younger with an immediate toning effect.

SkinCeuticals care Treatment, LED and radiofrequency photomodulation.

CÉLESTINS COMPLEXION

MINIMUM 3 DAYS, €330 PER DAY AND PER PERSON, WITH BREAKFAST*, FROM €255 PER DAY EXCLUDING ACCOMMODATION**

Get a mineralised and strengthened skin and a radiant and glowing complexion with exclusive care treatments from the Vichy Laboratories Institute.

YOU CAN HAVE A CONSULTATION WITH A DERMATOLOGIST, OR PLASTIC OR COSMETIC SURGEON; RESERVATION NEEDED AND SUBJECT TO AVAILABILITY (AT EXTRA COST).

The Thermal Spa Pass (page 10) is included in all our Treatment Programmes and is also free for any accompanying persons sharing your room but not taking a Treatment Programme.

* RATES INDICATED ARE PER DAY AND PER PERSON ON THE BASIS OF A DOUBLE DELUXE ROOM WITH THERMAL SPA VIEW (FOR 2 PEOPLE) PRICES EXCLUDE CURRENT CITY TAX (AS APPLICABLE IN VICHY) INCLUSIVE OF THE CARE TREATMENT PROGRAMME FOLLOWING THE VICHY METHOD PLEASE CONTACT US FOR SINGLE ROOM RATES.

** PRICE PER DAY AND PER PERSON, EXCLUDING ACCOMMODATION & MEAL, INCLUSIVE OF THE CARE TREATMENT PROGRAMME FOLLOWING THE VICHY METHOD.

SPECIAL OFFER FOR YOUR CARE TREATMENT PROGRAMME: 10 % DISCOUNT ON ANY SUPPLEMENTARY À LA CARTE CARE TREATMENTS (NOT INCLUDING ANY THERAPY CARE TREATMENTS, AND MIND AND BODY SESSIONS).
CARE TREATMENTS À LA CARTE

THE THERMAL SPA PASS

FREE WITH ANY PURCHASE OF A TREATMENT À LA CARTE FOR MINIMUM €40, INCLUDED IN THE "HEALTH-WELL BEING-BEAUTY" TREATMENT PROGRAMME OR THE LEISURE ACTIVITY OF YOUR CHOICE.

• Vichy thermal water giant pool
• Hammam with ice fountain
• Saunas
• Cold water bath for legs

Half-day | €40

• Organic herbal teas and Vichy Célestins mineral water are available, self service
• Cardio-fitness area

Gown and towel provided.
"SIGNATURE" TREATMENTS
USING VICHY THERMAL WATER

BODY TREATMENTS

VICHY SHOWER WITH 4 HAND MASSAGE "THE ORIGINAL, SINCE 1896"
Emblematic Vichy treatment. This exceptional massage is perfectly synchronised under a thermal water shower. Guaranteed to increase real well-being. You must try it at least once!

VICHY SHOWER WITH 2 HAND MASSAGE
This body massage under a thermal water shower guarantees perfect relaxation.

BODY SCRUB WITH VICHY MINERAL SALTS AND VICHY SHOWER WITH 2 HAND MASSAGE.
Your skin is exfoliated and mineralised.

WATERMASS ® TREATMENT WITH VICHY THERMAL WATER
Find your figure and form.

PHYTO-*MINERAL MUD WRAP
The warmth of the mud wrap is relaxing and soothing.

HYDROMASSAGE BATH WITH VICHY THERMAL WATER
Ideal to relax muscles.

TONE OR LIPO*DRAINING SHOWER JET
The thermal water jet leaves you feeling revitalised and toned.

RITUAL TREATMENT FOR TIRED AND ACHING LEGS
A series of three treatments boosts venous circulation and tones muscles.

FOOT BATH
Cold thermal water jets boosts your circulation.

ENTEROCLYSIS
Hydrotherapy of the small bowel with Vichy thermal water.

TRIOLOGY OF "SIGNATURE" TREATMENTS
Hydromassage bath with Vichy thermal water
+ a phyto-mineral mud wrap

+ Vichy shower with 2 hand massage

or

+ Vichy shower with 4 hand massage
"the ORIGINAL, since 1896"

25 MIN | €66
25 MIN | €66
25 MIN | €66
25 MIN | €66
15 MIN | €44
12 MIN | €40
50 MIN | €110
12 MIN | €35
30 MIN | €76

25 MIN | €119
25 MIN | €66
25 MIN | €66
25 MIN | €66
15 MIN | €44
12 MIN | €40
50 MIN | €110
12 MIN | €35
30 MIN | €76

140 €
189 €
CÉLESTINS "SIGNATURE" CARE TREATMENTS

FACIAL CARE TREATMENTS

CÉLESTINS RITUAL
This complete facial care cleans and purifies the skin. The application of collagen and hyaluronic acid makes the skin plumper, improves density and leaves your complexion looking radiant and glowing.

CÉLESTINS PURITY
Treatment using oxygenated phyto-mineral mud and Vichy thermal water. Your skin is mineralised and complexion uniformly radiant.

CÉLESTINS RADIANCE BOOST
Immediate radiance boost.

NEW FOR 2016

LED PHOTOMODULATION + VICHY THERMAL WATER
Painless and soothing, this light treatment reduces inflammation, improves skin surface, complexion and texture.

LED PHOTOMODULATION + RADIOFREQUENCY
Favours microcirculation and stimulates the production of collagen. Painless and non-invasive, the treatment visibly leaves your skin looking younger.

LPG ENERDMOLIFT
Densifies, tones, and stimulates the skin deep down to remove signs of ageing.

BODY CARE TREATMENTS

CÉLESTINS RITUAL
Your body is nourished and hydrated. All tension is relieved.

CÉLESTINS BODY SCRUB
Ideal for soft and hydrated skin.

MR CÉLESTINS
Exfoliating scrub on the back followed by a soothing and tension relieving massage. Oxygenating and relaxing.

NEW TECHNOLOGY ANTI-AGEING CARE TREATMENTS

FACIAL CARE TREATMENTS

NEW FOR 2016

LED PHOTOMODULATION RADIANCE BOOST 10 MIN | €40
SESSION 25 MIN | €85
SPECIAL PRICE FOR 3 SESSIONS | €235

LED PHOTOMODULATION + RADIOFREQUENCY
SESSION 25 MIN | €130
SPECIAL PRICE FOR 3 SESSIONS | €365

LPG ENERDMOLIFT
RADIANCE BOOST 10 MIN | €35
25 MIN | €80
SPECIAL PRICE FOR 3 SESSIONS | €220
WELL-BEING MASSAGES

BODY MASSAGES

HEAD SPA MASSAGE
Relaxes the head and neck. The trapezius muscles are stretched to completely relax the body.

WELL-BEING MASSAGE ❤️
This back and leg massage relieves nervous and muscular tension.

VITALITY MASSAGE
This dynamic massage relieves tight and stiff muscles and revitalises.

SLIMMING BODY MASSAGE
This manual palpate & roll massage combines draining and anti-cellulite actions to reduce the “orange peel” effect.

FACIAL MASSAGE

WELL-BEING MASSAGE
Energizing and relaxing, this massage treatment gives you a healthy glow and leaves your face looking refreshed and relaxed.

BODY MASSAGES

ONE TREATMENT OF 25 MIN | €66

WELL-BEING MASSAGE ❤️
Long and slow movements for deep relaxation.

ABHYANGAM MASSAGE
Inspired by Indian Ayurvedic techniques. Releases tension and helps eliminate toxins.

HOT STONE MASSAGE
Hot volcanic stones soothe muscular tension, for complete relaxation.

CANDLE MASSAGE ❤️
The massage candle melts into a precious massage oil, helping all the senses to relax.

SERENITY FOOT MASSAGE
Inspired by foot reflexology techniques, this massage rebalances energy flows.

MASSAGE AND THERAPEUTIC CARE TREATMENTS

PHYSIOTHERAPY
Therapeutic massage or lymphatic drainage.

OSTEOPATHY
Manual therapy.
Manual therapy in Vichy thermal water.

ETIOPATHY
Manual therapy.

MIDWIFE
Preparing for a birth in a pool of Vichy thermal water.

ONE TREATMENT OF 50 MIN | €110

MASSAGE FOR PREGNANT WOMEN
NEW FOR 2016
Relieves and soothes tensions created by pregnancy.

❤️ You can have this treatment in a cabin for couples.

30 MIN | €80
50 MIN | €125

30 MIN | €90

FOR INFORMATION ON RATES PLEASE CONTACT OUR PARTNER
### Targeted Sessions

**Whole Body Treatments for Slimming and Detox**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iyashi Dôme®</td>
<td>30 min</td>
<td>€77</td>
</tr>
<tr>
<td>Eliminates toxins and purifies your system.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bodysculptor®</td>
<td>45 min</td>
<td>€90</td>
</tr>
<tr>
<td>Reduces body fat and tones your body.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Luxopuncture®</td>
<td>25 min</td>
<td>€66</td>
</tr>
<tr>
<td>Reduces tensions and stress and helps develop repairing sleep.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Slimming Body Wrap (either intense heat or intense cold)</td>
<td>25 min</td>
<td>€66</td>
</tr>
<tr>
<td>Helps eliminate fatty cells.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LPG® Endermologie Cellu M6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Body lipomassage</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activates the breakdown of fats and gradually reduces the &quot;orange peel&quot;</td>
<td>55 min</td>
<td>€95</td>
</tr>
<tr>
<td>effect.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1st session (includes a check-up and support stockings)</td>
<td>35 min</td>
<td>€77</td>
</tr>
<tr>
<td>Following sessions.</td>
<td>15 min</td>
<td>€35</td>
</tr>
<tr>
<td>Targeted areas.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg lymphatic drainage</td>
<td>20 min</td>
<td>€60</td>
</tr>
<tr>
<td>Have lighter legs after drainage.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Slimming ritual for men</td>
<td>55 min</td>
<td>€110</td>
</tr>
<tr>
<td>Redefine your silhouette with specific care treatments.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Dietetic Consultations**

| Consultation with a dietary check-up.                                     | 60 min| €80   |
| Follow up consultations.                                                  | 30 min| €45   |

**Other Care Treatments**

| Care treatment for hands and feet.                                        | 50 min| €110  |
| Express manicure for hands or feet.                                       | 25 min| €60   |
| Applying nail varnish.                                                    | 15 min| €29   |
| Lip epilation and eyebrow shaping.                                        | 10 min| €17   |
| Armpit hair removal.                                                      | 30 min| €36   |
| Half leg and classic bikini line hair removal.                            | 30 min| €36   |
| Whole legs and Brazilian bikini.                                          | 40 min| €50   |

**Mind and Body Sessions**

**New for 2016**

**Personal Trainer**

- Completely personalised sessions indoors or outdoors. 60 min | €75
- Posture and breathing coaching, brisk walking...

**Yoga**

- Learn to control your breathing, increase suppleness and achieve deep relaxation. 60 min | €90
- Hatha-yoga: moving through a series of stylised, energising postures.
- Somayog: removes tensions.

**Psycho-Behavioural Therapy**

- Managing stress and emotions through cardiac coherence, using Symbiofi® technology validated by Lille teaching hospital. 60 min | €100
- Self knowledge, personal development and full awareness.

**Thermal Water Music Therapy**

- Water music therapy helps with self knowledge, the art of listening, and developing creativity. 60 min | €210
- Perinatal conduction of sound through bones.
- Sessions are guided by a practician.

**Sophrology**

- Relaxation techniques to bring both body and mind into harmony. 60 min | €90
- Relaxation.
- Sophrology walks in the parks in Vichy.
THE EXPERTISE OF PROFESSIONAL SKIN TREATMENTS
THE NUMBER 1 ANTIOXIDANT SKINCARE LINE

The SkinCeuticals philosophy is based on 3 principles:

PREVENT signs of ageing.
CORRECT the visible signs of ageing.
PROTECT against the harmful effects of UV.

SKINSCOPE SKIN DIAGNOSIS FREE WITH FIRST TREATMENT
The practitioner determines with you the treatment best adapted for your skin.

FACIAL CARE TREATMENTS

SKINC SUPREME CARE TREATMENT
This care treatment smooths out wrinkles, firms the skin deep down and boosts radiance.
The skin is smooth and deep wrinkles are reduced.

SKINC EXPERT CARE TREATMENT
60 min | €180

SKINC REJUVENATING CARE TREATMENT
Firms and stimulates sagging skin.

SKINC NOURISHING AND RESURFACING CARE TREATMENT
This treatment is adapted specifically for dull, marked and rough skin.

SKINC DOUBLE PEEL ACTIVATOR
This treatment exfoliates then replenishing skin cells.

THE SKINCEUTICALS RANGE OF PRODUCTS IS ON SALE IN OUR BEAUTY CARE CENTRE.

BODY CARE TREATMENTS

DOUBLE PEEL CARE TREATMENT + FIRMING CARE TREATMENT
90 min | €180

SKINC REJUVENATING AND FIRMING CARE TREATMENT

SKINC NOURISHING AND RESURFACING CARE TREATMENT
60 min | €130

THE EXPERTISE OF PROFESSIONAL SKIN TREATMENTS
THE NUMBER 1 ANTIOXIDANT SKINCARE LINE

The practitioner determines with you the treatment best adapted for your skin.

FACIAL CARE TREATMENTS

SKINC SUPREME CARE TREATMENT
This care treatment smooths out wrinkles, firms the skin deep down and boosts radiance.
The skin is smooth and deep wrinkles are reduced.

SKINC EXPERT CARE TREATMENT
60 min | €180

SKINC REJUVENATING CARE TREATMENT
Firms and stimulates sagging skin.

SKINC NOURISHING AND RESURFACING CARE TREATMENT
This treatment is adapted specifically for dull, marked and rough skin.

SKINC DOUBLE PEEL ACTIVATOR
This treatment exfoliates then replenishing skin cells.

THE SKINCEUTICALS RANGE OF PRODUCTS IS ON SALE IN OUR BEAUTY CARE CENTRE.
SOURCE OF STRENGTH FOR YOUR SKIN

THE POWER OF VICHY MINERALIZING WATER FOR STRONGER SKIN
Since its creation in 1931, Vichy Laboratoires have been supporting skin health and beauty. At the heart of each product is Vichy Thermal mineralizing water. Born in the French volcanoes and enriched with 15 essential minerals as it follows the same path as thousands of years ago through an extraordinary diversity of rocks. This unique water strengthens your skin against everyday life aggressions.
At Vichy Laboratoires Institute, just a few steps from its water spring, this mineralizing water has really found its "raison d'être" through the protocols of care treatments developed and validated by experts to transform, rebalance, regenerate your skin to make it stronger.

YOUR CABIN CARE TREATMENT: THE RITUAL OF SKIN METAMORPHOSIS
Each ritual, based on your Personalised Skin Diagnosis, takes into consideration your skin conditions and transforms it step by step. The effects are visible from the first treatment.
Feel the mineralizing freshness of the fine spray mist of Vichy Water, and sensorial cream textures, with perfectly dosed active ingredients inspired by the pharmacopoeia.
Feel your skin becoming plumper, your facial lines relaxing, your face and body remodelled under the expert hands of your Vichy Dermopractitioner. A moment of pure bliss covering the face and body. Accompanied by a mineral music which invites you to follow the same path as the water, from the depths of the magma, up to the sunlight.

CONTINUED CARE, EVEN AFTER YOUR SKIN TREATMENT HAS FINISHED
To prolong the benefits of your skincare treatment, your Vichy Dermopractitioner will provide you with a Personalised Vichy Beauty Care Programme. It will cover all your product rituals and self-massage movements, and provide nutritional advice.
Everything is done to continue to support you, even after your stay has ended. To remind you each day of your delicious sensations and to strengthen your skin.
Men also have a programme specially designed for them!
Let us guide you. You will be understood enveloped and advised. To fully enjoy this special regeneration moment and appreciate this renewal.
SKIN CARE MENU

SKIN DIAGNOSIS*
Depending on your skin type and your lifestyle conditions, we determine an adapted care treatment protocol. It covers the products we recommend you use, as well as the self massage movements to make, and includes nutritional advice.

SOOTHING IMMERSION
A hydrating velvety skin protocol for sensitive skin. A delicate care treatment, deeply soothing. Your skin is supple, moistened, plumper and stronger.

RADIANT REGENERATION
An anti-ageing protocol providing smoothness and glow. It includes a dead cell peeling, micro-circulation stimulation, smoothing, resculpting and toning. Skin quality is transformed, providing a refined skin texture, radiant and glowing, as if you had just returned from a walk in the fresh air.

300 MILLION NEW CELLS
Anti-ageing anti-wrinkle and firming protocol, with targeting and stretching of the wrinkle, lifting smoothing of the face and chest area, remodelling of the face and arms, youthful hands, to regain suppleness and firmness.

PURIFIED SKIN TEXTURE
A purifying anti-imperfection protocol. A care treatment which cleanses, purifies and detoxifies by using stimulating hot/cold effects. Pores are cleared, the skin renewed and the complexion smoothed and brightened.

IDEAL BODY
A total body protocol which transforms the skin. A personalised care treatment which combines relaxation, deep hydration and lipid cell structure balance. With your Vichy Dermopractitioner, choose your massage technique: firming and smoothing, velvety nutrition or slim silhouette. Skin is satiny smooth, radiant. Your body is transformed and restored to full vitality.

RESCULPTING LIPOMODELLING
A protocol for total figure slimming. A slimming care treatment which rebalances the whole body with drainage, resculpting massage, de-fibrosing kneading-rolling. Your silhouette is reshaped and volumes rebalanced, you feel as light as a feather.

RECHARGING SKIN ENERGY
A protocol especially for Men. A care treatment specifically for Men which purifies and recharges energy, even for designer stubble. Relaxing stretching and deep resculpting massage. Your skin is revitalised and your body relaxed and recharged with new energy.

*Diagnosis free of charge for care treatment
PHYSICAL ACTIVITY CLASSES

IN THE FITNESS ROOM

FOR 1 TO 15 PEOPLE

**Bodysculpt** Resculpting the whole body.
**Stretching (30 min)** Stretching and rebalancing muscular tensions. €35
**Biking** Tones buttocks and thighs, and stimulates cardiac rhythm.
**Fit ball** Remodelling your figure with a large ball.
**BodyTop (30 min)** Sculpting the top half of your body.
**Fit dance** Different types of cardio activities choreographed to music.
**Circuit training** Remuscling the body with different activities.
**Gentle Gym** Gradually return to an adapted activity.
**Quick abdos (30 min)** An intense abs workout.
**TAB** Strengthening exercises for thighs, abs and buttocks.
**Pilates** Gain strength, flexibility and control.
**Power plate®** Tone the whole body, reshape the figure, reduce celluïte and the "orange peel" effect.

**YOGA**

NEW FOR 2016

**HATHA YOGA**
Moving through a series of stylised, energising postures.
**SOMAYOG**
Releasing tensions.

**FOR INFORMATION ON RATES PLEASE CONTACT OUR PARTNER**

IN THE VICHY THERMAL WATER POOL

FOR 1 TO 10 PEOPLE

**Biking** Tone buttocks and thighs, reduce the "orange peel effect" and stimulate cardiac rhythm on a submerged bike.
**Step** Tones thighs and buttocks to music using a submerged step.
**Form** Firming and relaxing the whole body.
**Circuit training** Remuscling the body with different activities.
**TAB** Toning and strengthening exercises for thighs, abs and buttocks.
**Hydromassage** A relaxing massage, draining by the use of underwater jets.

GET A SUBSCRIPTION TO THE CÉLEST CLUB

Activities in the Vichy Thermal Water pool and fitness room, Thermal Spa Pass and many other advantages.

**DISCOVER**
1 MONTH | €185
3 MONTH | €480
6 MONTH | €710
1 YEAR | €1 199
DISCOVER THE DETAILS OF YOUR EXPERT CARE TREATMENTS FOR
THE "HEALTH-WELL BEING-BEAUTY" PROGRAMMES
PRESENTED ON PAGES 8 AND 9

SLIMMING & ANTI-CELLULITE  minimum 6 days
LPG body Endermologie treatment, Slimming body massage, Watermass
treatment, Cryo slimming wrap, Bodysculptor® Skin diagnosis and Lipo-
modelage body treatment (60 min) at the Vichy Laboratories Institute.

DETOX minimum 4 days
LPG body Endermologie treatment, Enteroclysis small bowel hydration

BACK & JOINTS minimum 4 days
Massage therapy, Osteopathy Somayog Yoga, Postural coaching.

STRESS & BURN OUT minimum 4 days
Head Spa massage, Behavioural therapy coaching, Body massage,
Abhyangam technique massage, Sophrology.

PRENATAL between the 4th and 7th month of pregnancy. Minimum 4 days
Massage for pregnant women, Osteopathy in thermal water pool, Session
with Midwife in thermal water pool, Sophrology.

MANAGING MENOPAUSE minimum 3 days
SkinConsult skin diagnosis followed by a SkinCeuticals anti-ageing care
treatment (60 min), LED + radiofrequency photomodulation treatment,
Behavioural therapy coaching.

AFTER BREAST CANCER 6 days (we recommend 2x6 days)
 Behavioural therapy coaching, Drainage massage therapy, Osteopathy,
Sophrology, Somayog Yoga, Célestins face care ritual.

ANTI-SMOKING minimum 3 days
Iyashi Dôme® heat treatment, Sophrology, Abhyangam technique body
massage.

DIGITAL DETOX® minimum 3 days
Head Spa massage, Behavioural therapy coaching, Abhyangam tech-
nique body massage.

THE IMPERIAL minimum 3 days
Your “à la carte” choice of expert care treatments.

SERENITY IN MIND AND BODY minimum 4 days (2 treatments per day experts)
Abhyangam technique body massage, Cardiac coherence, Music
therapy in Vichy thermal water, Head Spa massage, Hatha yoga,
Behavioural therapy coaching, Sophrology.

WELL-BEING minimum 3 days
Head Spa massage, Candle body massage, Célestins purity face care
 treatment.

VITALITY minimum 3 days
Abhyangam technique body massage, Watermass treatment,
Well-being back massage.

ESPECIALLY FOR MEN minimum 3 days
Mr Célestins body massage, Massage therapy, Head Spa massage.

ANTI-AGEING minimum 3 days
SkinConsult skin diagnosis followed by a SkinCeuticals face care
treatment (60 min), LED + radiofrequency photomodulation treatment,
Endermolift face care treatment.

CÉLESTINS COMPLEXION minimum 3 days
Skin diagnosis followed by a Vichy Laboratories Institute care treat-
ment (60 min), LED + radiofrequency photomodulation treatment,
Endermolift face care treatment.
Inspired by the history of Vichy’s Thermal Domain, the decoration purposely keeps a refined atmosphere to support your well-being and serenity. Without losing its elegance, non-ostentatious chic is incontestably modern and discreet.

The beds are comfortable and large, in an authentic and serene ambiance. Everything is organised so that your moments of rest and relaxation take place in optimal conditions.
HEALTH & TASTE SENSATION NUTRITION

WITH VICHY CÉLESTINS MINERAL WATER

Our "Health & Taste Sensation" cooking using Vichy Célestins mineral water is orchestrated by the Chef Christophe Vauthier, awarded the ESPA (European Spas Association) prize for culinary innovation in 2014. Working closely with a dietician, he plays with authentic flavours and savours to produce light, creative and appetising dishes.

In the summer, the doors of the N3 Restaurant are opened to include a spacious, shaded terrace, with the background tranquillity of the Napoleon III Park.
SHORT BREAKS

FOR LOVERS
From €186*
FALL IN LOVE ALL OVER AGAIN
• Deluxe Room with half board. A free 1/2 bottle of Champagne and welcoming non-alcoholic cocktail.
  From 1 night.
• 1 Well-being massage in a cabin for couples
  • Thermal Spa Pass (page 10).

RELAxC, CHILL OUT... ZEN
From €221*
TAKE A BREAK
Deluxe Room with half board.
A free welcoming non-alcoholic cocktail.
From 1 night.
• 1 Hydromassage bath with Vichy thermal water
  + 1 Well-being massage.
  • Thermal Spa Pass (page 10).

«SIGNATURE THERMALE»
From €248*
RECHARGE YOUR BATTERIES
• Deluxe Room with half board. A free welcoming non-alcoholic cocktail. From 1 night.
• A Trilogy of “Signature” Treatments with Vichy thermal Water, including a Vichy shower with 2 hand massage (page 11).
• Thermal Spa Pass (page 10).

"CÉLESTINS COMPLEXION"
From €242*
MAKE YOUR SKIN STRONGER, AND BURSTING WITH HEALTH
• Deluxe Room with half board. A free welcoming non-alcoholic cocktail. From 1 night.
• A 60 min Vichy Laboratories Institute care treatment including a skin diagnosis.
• Thermal Spa Pass (page 10).

GIFT IDEAS!

*All Prices include VAT, but do not include the current City Tax. Per person based on a double Deluxe Room with view over the Spa and occupied by two people.
A supplement is charged for a Single Room, or a Deluxe Room with view over the park, or for a Suite (page 20). All alcoholic drinks mentioned on this page should be consumed in moderation.
SHORT BREAKS

GOLF & SPA
From €172*
GET SOME FRESH AIR AND UNWIND
• Deluxe Room with half board.
  A free welcoming non-alcoholic cocktail.
  From 1 night.
• 1 green fee for 18 holes
  at the Sporting Club de Vichy.
• 3 golf balls, scorecard, transfer
  there and back.
• Thermal Spa Pass (page 10)

A GOURMET BREAK & SPA
From €196*
TREAT YOUR TASTEBUDS
• Deluxe Room with half board.
  A free glass Champagne, 2 glasses
  of wine and a welcoming
  non-alcoholic cocktail, for a stay.
  From 1 night.
• 1 Célestins body rub
• Thermal Spa Pass (page 10).

ANNIVERSARY CELEBRATION FOR COUPLES
From €230*
AN ELEGANT SURPRISE
• Deluxe room with half board.
  A free 1/2 bottle of Champagne and
  welcoming non-alcoholic cocktail.
  From 1 night.
• 50 min Well-being body massage
  in a cabin for couples.
• Thermal Spa Pass (page 10).

VICHY OPERA
From €161*
BALLET, OPERA, CONCERTS,
THEATRE...
• Deluxe room & Cocktail finger food
  at the Hotel bar, including 1 glass of
  Champagne or 1 glass of wine, and 1
  welcoming non-alcoholic cocktail per
  stay. From 1 night.
• Thermal Spa Pass (page 10).
• 1 Place at Vichy Opera, performance
  of your choice**

GIFT IDEAS!

* All Prices include VAT, but do not include the current City Tax, per person based on a double Deluxe Room with view over the Spa and occupied by two people. A supplement is charged for a Single Room, or a Deluxe Room with view over the park, or for a Suite (page 20). All alcoholic drinks mentioned on this page should be consumed in moderation. ** Reservation required, subject to availability.
SHORT BREAKS

MASSAGE
From €221*

LET GO AND ENJOY
• Deluxe Room with half board.
  A free welcoming non-alcoholic cocktail.
  From 1 night.
• 1 Massage of your choice from five
  50 min body massages (page 13).
  • Thermal Spa Pass (page 10).

ANTI-AGEING
From €239*

PROTECT YOUR SKIN FROM AGEING
• Deluxe Room with half board.
  A free welcoming non-alcoholic cocktail.
  From 1 night.
• A 60 min SkinCeuticals Facial Care
  Treatment including a skin diagnosis.
  • Thermal Spa Pass (page 10).

LAST MINUTE!
From €138*

GET AWAY FOR A WHILE
• Deluxe Room with half board.
  A free welcoming non-alcoholic cocktail.
  From 1 night.
• Thermal Spa Pass (page 10).

WALK, RUN, PEDAL
& SPA
From €162*

GO GREEN
• Deluxe Room with half board.
  A free welcoming non-alcoholic cocktail.
  From 1 night.
• A Hydromassage bath with Vichy
  thermal water.
• Thermal Spa Pass (page 10).
• The following material can be
  borrowed: pedometer, walking poles,
  bicycle and map.

* All Prices include VAT, but do not include the current City Tax, per person based on a double Deluxe Room with view over the Spa and occupied by two people. A supplement is charged for a Single Room, or a Deluxe Room with view over the park, or for a Suite (page 20). All alcoholic drinks mentioned on this page should be consumed in moderation.
**GIFT IDEAS!**

**SHORT BREAKS**

**WITH FRIENDS**
From €131*
GET TOGETHER AND HAVE FUN
- Deluxe Room & Cocktail finger food at the Hotel bar and a welcoming non-alcoholic cocktail. From 1 night.
- Thermal Spa Pass (page 10).
- Ask at reception for ideas about where to go, what to see and what to do.

**SHOPPING & SPA**
From €247*
TREAT YOURSELF
- Deluxe Room with half board. A free welcoming non-alcoholic cocktail. From 1 night.
- 1 Well-being massage +
- 1 Célestins radiance boost facial care treatment.
- Thermal Spa Pass (page 10).
- Late departure: your room is available up to 6pm!

**VULCANIA & SPA**
From €245*
EXPLORE THE THEME PARK AT THE FOOT OF THE AUVERGNE VOLCANOES AND RELAX
- Deluxe Room with half board. A free welcoming non-alcoholic cocktail. From 1 night.
- 1 Hot volcanic stones body massage.
- 1 Entrance ticket to the Vulcania Theme Park (subject to the park’s opening hours).
- Thermal Spa Pass (page 10).

**ROMANTIC & SPA**
From €231*
DINNER BY CANDLELIGHT
- Deluxe Room. A bouquet of flowers & free welcoming non-alcoholic cocktail. Dinner by candlelight and 2 glasses of Champagne at the Hotel Bar per stay. From 1 night.
- A 50 min body massage by candlelight in a cabin for couples.
- Thermal Spa Pass (page 10).

* All Prices include VAT, but do not include the current City Tax, per person based on a double Deluxe Room with view over the Spa and occupied by two people. A supplement is charged for a Single Room or a Deluxe Room with view over the park, or for a Suite (page 20). All alcoholic drinks mentioned on this page should be consumed in moderation. The Vulcania Theme Park is open from 16 March to 13 November 2016 (the park is closed on certain days, please consult their website on www.vulcania.com)
THE LES CÉLESTINS BOUTIQUE

The boutique is open from Tuesday to Saturday, from 3pm to 7pm.

The boutique is on the ground floor of the Les Célestins Vichy Thermal Spa, where you can browse, take your time, or ask for assistance in the choice of gift or souvenir.

New for 2016, the "Les Célestins" range of products. Treat your body to something special with a mildly minty Vichy Pastilles perfume, whether a shampoo, shower gel, soap or body lotion. There are many other products in the range, such as scented candles and home scents for a unique fragrance. Or effervescent bath pebbles with essential oils for 100% relaxation.

For the kitchen, surprise your guests with a Vichy mineral water salt mill, or a collector's edition glass bottle of mineral water. Not forgetting the famous Vichy Pastilles, and the attractive Chef's apron!

The boutique also stocks the Curist's water glass, screen printed Vichy, in its small wicker basket. As well as a rich D-Lab Cosmetic Food range, organic herbal teas from the Auvergne, swimsuits (Maryan Beachwear, Iodus, Foglers), and well-being clothes (Hanro, Twin-Set, Casall)...

Get 10% off certain products, subject to the terms and conditions indicated in the boutique.

THE HAIRDRESSING SALON

Located on the ground floor of the Les Célestins Vichy Thermal Spa, the hairdressing salon is open non-stop from Tuesday to Saturday from 9am to 6pm. Book your salon appointment now! Tel. 00 33(0)4 70 97 01 01.
A quiet and tranquil environment in the heart of 140 hectares of parks and gardens. The Napoleon III Park has the label «Remarkable trees of France».

The pavilion that houses the VICHY Célestins mineral water spring is not far away from the VICHY CÉLESTINS SPA HÔTEL... and the «Hall des sources» where you go to take the waters as part of your treatment covered by a Doctor’s Prescription, is right next door to the Vichy Thermal Spa.

Vichy has an eclectic architecture, with Art Déco and Art Nouveau buildings, and a very pleasant promenade along the widened River Allier which cuts through the town. The circular walk along both riverbanks between the two bridges is 6km.

Vichy is also a sporting centre and hosts both national and international competitions; including water sports, golf with two 18 hole courses, horse racing, tennis, swimming with an Olympic pool, and triathlon and Ironman competitions.

There is also a myriad of cultural and artistic things to see and do; including the Opera House with its exceptional programmes, Art Galleries, and Museums, for example the Museum of African and Asian Art and the Opera Museum. Added to which, the shops in the Town Centre are open seven days a week.
USEFUL INFORMATION & RESERVATIONS
BOOK YOUR STAY

Our coordinates
Telephone: Monday to Friday: 00 33 (0)4.70.30.82.82
Fax 00 33 (0)4.70.30.82.99
Email: info@compagniedevichy.com

VICHY CÉLESTINS SPA HÔTEL
111, boulevard des États-Unis - 03200 Vichy - France
Telephone: Hotel Reception, 24/7 00 33 (0)4 70 30 82 00

General Sales Terms and Conditions:
www.vichy-spa-hotel.com/general-conditions-of-sale

What to pack
Bathrobes and towels are provided. Remember to bring a swimming costume, a pair of non-slip sandals (provided free of charge for care treatment programmes with board of 3 days/night or more) and a complete sports outfit for the indoor sports areas.

Opening and closing hours
The Vichy Thermal Spa is open from: Monday to Saturday from 9am to 8pm. Sundays from 9am to 4pm 30/04/2016. Then on Sundays from 9am to 1pm up to 31/12/2016. For opening and closing times over the Christmas and New Year period, please contact us.
VICHY CÉLESTINS SPA HÔTEL annual closing period: from 31/01 to 02/03/2016 inclusive.

Medical Certificate
We ask you to bring a doctor’s certificate confirming that you are medically fit for the different treatments and activities offered at the Thermal Spa. Failing this, you are required to give us the signed declaration confirming the absence of any medical contraindications when making your booking for treatments. The doctor’s certificate will not be necessary if you have booked a consultation with our Thermal Spa Doctor.

Access to the Vichy Thermal Spa
For the wellbeing of everyone, kindly switch off your mobile phone. Please come wearing your swimsuit with bathrobe, non-slip sandals and full sports kit (outdoor clothing is not allowed). Please shower before entering the treatment or relaxation areas. Out of respect for the modesty and privacy of others, nudity is not allowed in the hammam or the saunas.

Children
Children under 16 have no access to the Thermal Spa Pass (hammam, saunas, giant thermal water pool, cardio-fitness area). For children aged 12 to 16 years old, treatments can only be performed if a legal guardian is present in the treatment room. Written parental permission is required for children aged 16 to 18 years old.

Treatment times and reservations
The time indicated is the actual time of the treatment. No compensation is given for late arrival for treatments. You are requested to arrive 15 minutes before the scheduled time of your treatment.
To ensure you have a full choice of treatments, we recommend you reserve in advance. Treatments cancelled with less than 24 hours’ notice are payable in full.

Availability of your Room or Suite
Your Deluxe Room or Suite is available from 3pm on the day you arrive. It must be vacated by 12 noon on the day you leave. You may be able to arrange a late departure, for an extra charge, subject to availability.

City Tax
Our prices include VAT but do not include the current City Tax as applicable in Vichy for our 5 Star Hotel.

Animals
Pets are welcome in hotel rooms but, for hygiene reasons, are not allowed in Vichy Thermal Spa, our restaurants or bar. For pet foods, for which a supplement is payable, please make your request at the time of your reservation.

Car Parking
For a supplement, a sheltered car park is located opposite the hotel with a valet and luggage service.

Internet access
Free WiFi within the Hotel complex.
HOW TO GET HERE?

**BY TRAIN**
- Clermont-Ferrand: 30mn
- Lyon: 2h
- Paris: 2h50
- Geneva: 3h50
- Montpellier: 4h

**BY ROAD**
- Clermont-Ferrand: 55km
- Lyon: 160km
- Paris: 408km
- Geneva: 300km
- Montpellier: 385km
- Bordeaux: 420km
- Toulouse: 430km
- Marseilles: 450km
- Lille: 570km
- Strasbourg: 575km

**BY AIR**
- Vichy Charmeil Aerodrome: 8km
- Clermont-Ferrand Auvergne Airport: 67km (motorway)
- Saint-Etienne Bouthéon Airport: 132km (motorway)
- Lyon Saint-Exupéry Airport: 217km (motorway)