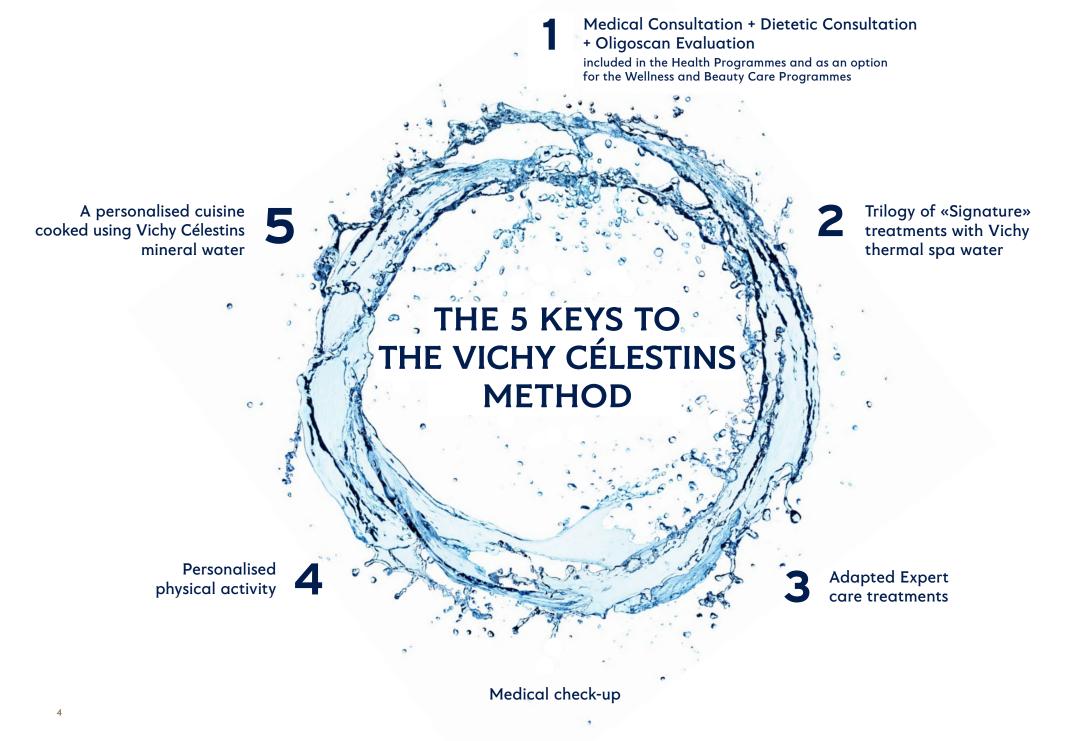




EXCEPTIONAL SURROUNDINGS WITH WATER AND GREENERY





SUMMARY

YOUR GLOBAL HEALTH: FITNESS, WELLNESS & ANTI-AGE BEAUTY

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For all reservations of a Health - Wellness - Beauty spa care treatment programme get a 10% discount

on any a la carte supplementary treatments.

Except for therapeutic care treatments,



HEALTH CARE CENTRE

LES CÉLESTINS

AT VICHY, BECOME AN ACTOR IN YOUR HEALTH

Our multidisciplinary experts are available to help you better manage your health capital.



- GENERAL PRACTITIONERS/THERMAL PRACTITIONERS
- OBSTETRICS AND GYNAECOLOGY SURGEONS
- ENDOCRINOLOGIST DIABETOLOGIST
- DERMATOLOGIST
- ONCOGENETICIAN
- PSYCHIATRIST
- PHYSICAL REHABILITATION THERAPIST
- COSMETIC AND PLASTIC SURGEON
- DENTIST
- MIDWIFE

- DIETICIANS
- OSTEOPATH
- PHYSIOTHERAPIST
- ETHIOPATH
- PERSONAL SPORTS COACH
- SPA PRACTITIONERS
- BEHAVIOURAL THERAPIST
- SOPHROLOGIST
- OSTEOPHONIST MUSIC THERAPIST
- YOGA TEACHER

♦ CHECK-UP

Our Medical Concierge will organise all of your consultations for a preventive health assessment over 5 consecutive days.

Choose your programme. The consultations mentioned below are included in your stay. Before arriving in Vichy, you will be sent a Medical Questionnaire. As soon as we receive your completed Questionnaire, one of our Doctors will contact you.

CHECK-UP FOR WOMEN

- General Practitioner
- · Blood and urine test
- Dietitian
- Dermatologist
- Gynaecologist
- Osteopath or Ethiopath
- Physical Activity assessment



CHECK-UP FOR MEN

- General Practitioner
- · Blood and urine test
- Dietitian
- Dermatologist
- Osteopath or Ethiopath
- Physical Activity assessment





A Doctor will decide whether any complementary consultations are needed with any of our specialists mentioned below. The cost of a consultation must be paid directly to the specialist concerned.

- Ophthalmologist
- Oncogenetician^(a) (Each 3rd week of the month)
- Endocrinologist
- Gastroenterologist
- Cardiologist
- Radiologist



- Ophthalmologist
- Oncogenetician^(a) (Each 3rd week of the month)
- Urologist
- Gastroenterologist
- Cardiologist
- Radiologist

FROM:

 $\pmb{\in}$ 354 PER DAY AND PER PERSON WITH FULL BOARD AND PERSONALISED DIETETIC MEALS* Meals may be served in buffet form depending on the inspiration of the Chef

€160 PER DAY AND PER PERSON NOT INCLUDING ACCOMMODATION AND FOOD



(a) Oncogenetician: when family history leads to believe there may be a risk of cancer, a consultation with an Oncogenetician is recommended. The Oncogenetician evaluates the risk of your exposure to cancer, whether acquired or hereditary. Depending on the factors involved, the consultant decides whether or not to proceed with an analysis of your genetic characteristics.





SLIMMING & ANTI-CELLULITE

Start losing weight, improve your body shape and find a sustainable balance. Care treatments, physical activities and nutrition are the personalised combination to make sure you succeed in your made-to-measure weight loss project.

- 1 Consultation with a Doctor
- 2 Dietetic consultations (nutritional check-up and monitoring)
- + Oligoscan evaluation
- 1 Trilogy of «Signature» treatments with Vichy thermal water, each day
- 1 Health care treatment by an expert each day: LPG[®] Endermologie [™] Body care treatment; Iyashi Dome®; Célestins Slimming; Body Cryotherapy®; Bodysculptor®; Célestins Slimming Ritual
- 1 Bol d'air Jacquier ® session each day
- 2 Personalised sports coaching sessions. 4 Group Sessions in thermal water
- + free group fitness sessions

FROM:

€467 PER DAY AND PER PERSON WITH FULL BOARD AND PERSONALISED DIETETIC MEALS* Meals may be served in buffet form depending on the inspiration of the Chef

€304 PER DAY AND PER PERSON NOT INCLUDING ACCOMMODATION AND FOOD

BACK & JOINT PAIN

Sustainable pain relief, release your tensions, and improve joint mobility through the benefits of thermal water, our therapeutic care treatments, and our experts.

- 1 Consultation with a Doctor
- 1 Dietetic Consultation
- + Oligoscan evaluation
- 1 Trilogy of «Signature» treatments with Vichy thermal water, each day

- 1 Individual postural coaching session

FROM:

€422 PER DAY AND PER PERSON WITH PERSONALISED HALF BOARD* (POSSIBILITY FOR FULL BOARD) Meals may be served in buffet form depending on the inspiration of the Chef

€301 PER DAY AND PER PERSON NOT INCLUDING ACCOMMODATION AND FOOD

• 1 Health care treatment by an expert each day: Therapeutic Massage; Osteopathy; Cryotherapy; Satisform

- 1 Bol d'air Jacquier ® session each day





METABOLIC DISORDERS

Vichy thermal medicine has 155 years of experience looking after individual metabolic disorders (diabetes, digestive disorders, ...).

TYPE 2 DIABETES

Stabilise your glycemic index by adopting the reflexes of a healthy lifestyle: limit your intake of sugar, control your weight and increase physical activity.

- 1 Consultation with a Doctor + medical prescription for Vichy mineral waters treatment
- 2 Dietetic consultations (nutritional check-up and monitoring) + Oligoscan evaluation
- 1 Trilogy of «Signature» treatments with Vichy thermal water, each day
- 1 Health care treatment by an expert each day: Therapeutic draining massage; Light legs ritual; Wellness massage; Feet moisturising and softening:
- 1 Bol d'air Jacquier ® session each day
- 1 Personalised sports coaching session, 2 Group Sessions in thermal water + free group fitness sessions

FROM:

€479 PER DAY AND PER PERSON WITH PERSONALISED FULL BOARD*

Meals may be served in buffet form depending on the inspiration of the Chef

€320 PER DAY AND PER PERSON NOT INCLUDING ACCOMMODATION AND FOOD

ACID-BASE BALANCE WITH OR WITHOUT DIGESTIVE PROBLEMS

After analysis, balance your urine pH after consulting a general practitioner and a dietician.

- 1 Consultation with a Doctor + medical prescription for Vichy mineral waters treatment
- 2 Dietetic consultations (nutritional check-up and monitoring) + Oligoscan evaluation
- 1 Trilogy of «Signature» treatments with Vichy thermal water, each day
- 1 Health care treatment by an expert each day: Therapeutic massage to help digestion; Enteroclisma Enema; Wellness massage; Sophrology
- 1 Bol d'air Jacquier ® session each day
- 1 Personalised sports coaching session, 2 Group Sessions in thermal water
- + free group fitness sessions

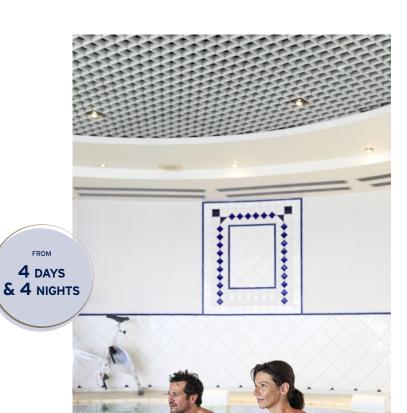
FROM:

€479 PER DAY AND PER PERSON WITH PERSONALISED FULL BOARD*

Meals may be served in buffet form depending on the inspiration of the Chef

€320 PER DAY AND PER PERSON NOT INCLUDING ACCOMMODATION AND FOOD

* Rate indicated, per day and per person for a double Deluxe room with view over the Thermal Spa (occupied by 2 people), excluding current City tax. Please contact us for the single room rate.



• FUTURE MOTHER between the 4th and 7th month of pregnancy

Experience your pregnancy in a peaceful, and untroubled manner, with a beneficial thermal spa break and calmly continue to prepare for the birth. A privileged moment with your baby.

- 1 Gynaecology Consultation (a)
- 2 Dietetic consultations (nutritional check-up and monitoring) + Oligoscan evaluation
- 1 Trilogy of «Signature» treatments with Vichy thermal water, each day
- 1 Health care treatment by an expert each day: Prenatal Massage; Osteopathy in thermal water; Perinatal serenity through osteophony; Preparing for the birth with a midwife, in thermal water
- •1 Personalised sports coaching session, 2 Group Sessions in thermal water
- + free group fitness sessions

FROM:

€405 PER DAY AND PER PERSON WITH BREAKFAST*
(POSSIBILITY FOR FULL OR HALF BOARD)
Meals may be served in buffet form depending on the inspiration of the Chef

€345 PR DAY AND PER PERSON NOT INCLUDING ACCOMMODATION AND FOOD

♦ ANTI-STRESS

Take a break and step back: let go, learn to manage your emotions and your stress, and find a better work-life balance.

- 1 Consultation with a Doctor
- 1 Dietetic Consultation + Oligoscan evaluation
- 1 Trilogy of «Signature» treatments with Vichy thermal water, each day
- 1 Health care treatment by an expert each day: Head Spa Massage; Behavioural therapy coaching & cardiac coherence; Abhyangam massage; Yoga
- 1 Bol d'air Jacquier ® session each day
- 1 Personalised sports coaching session, 2 Group Sessions in thermal water
- + free group fitness sessions

FROM:

€399 PER DAY AND PER PERSON WITH BREAKFAST*
(POSSIBILITY FOR FULL OR HALF BOARD)
Meals may be served in buffet form depending on the inspiration of the Chef

€321 PER DAY AND PER PERSON NOT INCLUDING ACCOMMODATION AND FOOD

* Rate indicated, per day and per person for a double Deluxe room with view over the Thermal Spa (occupied by 2 people), excluding current City tax. Please contact us for the single room rate.

(a) Gynaecology Consultation not included in the rates for the care treatment programme; payment must be made directly to the Doctor.



DETOX

Make a new start for your body and purify your organism, thanks to a detoxifying diet associated with regenerating activities and care treatments.

- •1 Consultation with a Doctor + medical prescription for Vichy mineral waters treatment
- 2 Dietetic consultations (nutritional check-up and monitoring) + Oligoscan evaluation
- 1 Trilogy of «Signature» treatments with Vichy thermal water, each day
- 1 Health care treatment by an expert each day: LPG® Endermologie™ Body care treatment; Enteroclisma Enema; Iyashi Dome®; Body Cryotherapy®;
- •1 Bol d'air Jacquier ® session each day
- •1 Personalised sports coaching session, 2 Group Sessions in thermal water + free group fitness sessions

FROM:

€473 PER DAY AND PER PERSON WITH FULL BOARD AND PERSONALISED DIETETIC MEALS* Meals may be served in buffet form depending on the inspiration of the Chef

€310 PER DAY AND PER PERSON NOT INCLUDING ACCOMMODATION AND FOOD

▲ AFTER CANCER

Gain physical and emotional equilibrium through our specially adapted treatments; take control of your body, regain your femininity and self-confidence.

- 1 Gynaecology Consultation (a)
- 2 Dietetic consultations (nutritional check-up and monitoring) + Oligoscan evaluation
- 1 Trilogy of personalised «Signature» treatments with Vichy thermal water, each day, including a Shoulder joint mobility massage shower
- 1 Health care treatment by an expert each day: Candle Massage; Therapeutic draining massage; Behavioural therapy coaching & cardiac coherence; Underwater music therapy in a thermal water pool; Yoga; Célestins facial purity
- 1 Bol d'air Jacquier ® session each day
- 1 Individual postural coaching session, 2 Personalised sports coaching sessions, 4 Group Sessions in thermal water + free group fitness sessions

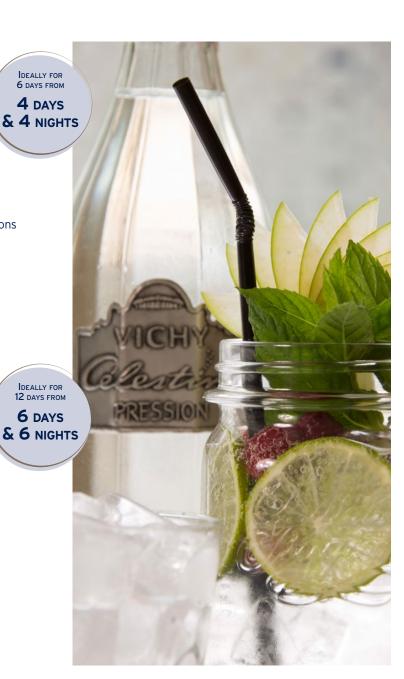
You will need a medical certificate for non-contraindication from your oncologist FROM:

€435 PER DAY AND PER PERSON WITH PERSONALISED HALF BOARD* (POSSIBILITY FOR FULL BOARD) Meals may be served in buffet form depending on the inspiration of the Chef

€316 PER DAY AND PER PERSON NOT INCLUDING ACCOMMODATION AND FOOD

* Rate indicated, per day and per person for a double Deluxe room with view over the Thermal Spa (occupied by 2 people), excluding current City tax. Please contact us for the single room rate.

(a) Gynaecology Consultation not included in the rates for the care treatment programme: payment must be made directly to the Doctor.







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For all reservations of a Health - Wellness - Beauty spa care treatment programme get a 10% discount

on any a la carte supplementary treatments.

Except for therapeutic care treatments, mind & body sessions.



♦ THE IMPÉRIAL

Freedom of choice. We propose a personalised programme based on your desires and needs.

- 4 Care treatments per day, chosen from our list
- Free group fitness sessions

FROM:

€600 PER DAY AND PER PERSON WITH BREAKFAST* (POSSIBILITY FOR FULL OR HALF BOARD)

Meals may be served in buffet form depending on the inspiration of the Chef

♦ MY COACH AND ME [NEW FOR 2019]

Sports coach, dietary coach, and a life balance coach: we will help you get fit again and adopt the correct reflexes for a healthy and balanced lifestyle.

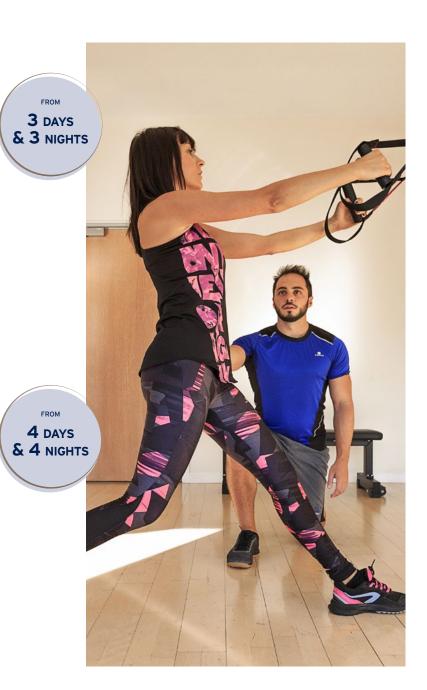
- 1 Dietetic Consultation and daily monitoring + Oligoscan evaluation
- 1 Individual, adapted sports coaching session every day
- 1 Aquasport session every day
- 1 Trilogy of «Signature» treatments with Vichy thermal water, each day
- 1 Health care treatment by an expert each day: Life balance coaching; Célestins muscle massage; Body Cryotherapy®; Iyashi Dome®

FROM:

 $\pmb{\varepsilon}486$ PER DAY AND PER PERSON WITH PERSONALISED HALF BOARD* (POSSIBILITY FOR FULL BOARD)

Meals may be served in buffet form depending on the inspiration of the Chef

€380 PER DAY AND PER PERSON NOT INCLUDING ACCOMMODATION AND FOOD



^{*} Rate indicated, per day and per person for a double Deluxe room with view over the Thermal Spa (occupied by 2 people), excluding current City tax. Please contact us for the single room rate.

WELLNESS FOR WOMEN

Take some time for yourself, let go and enjoy yourself.

- 1 Trilogy of «Signature» treatments with Vichy thermal water, each day
- 1 Health care treatment by an expert each day: Head Spa Massage; Wellness massage; Célestins facial purity
- 1 Bol d'air Jacquier® session
- 1 Group Session in thermal water + free group fitness sessions

FROM:

€331 PER DAY AND PER PERSON WITH BREAKFAST*

(POSSIBILITY FOR FULL OR HALF BOARD)

Meals may be served in buffet form depending on the inspiration of the Chef

€247 PER DAY AND PER PERSON NOT INCLUDING ACCOMMODATION AND FOOD

WELLNESS FOR MEN

Recharge you batteries with facial and body spa care treatments, adapted to your specific needs.

- •1 Trilogy of «Signature» treatments with Vichy thermal water, each day
- 1 Health care treatment by an expert each day: Célestins ritual for Men; Body Cryotherapy®; Célestins Muscle Massage;
- 1 Bol d'air Jacquier® session
- ${\bf \cdot 1} \ {\sf Personalised} \ {\sf sports} \ {\sf coaching} \ {\sf session}, {\sf 1} \ {\sf Group} \ {\sf Session} \ {\sf in} \ {\sf thermal} \ {\sf water}$
- + free group fitness sessions

FROM:

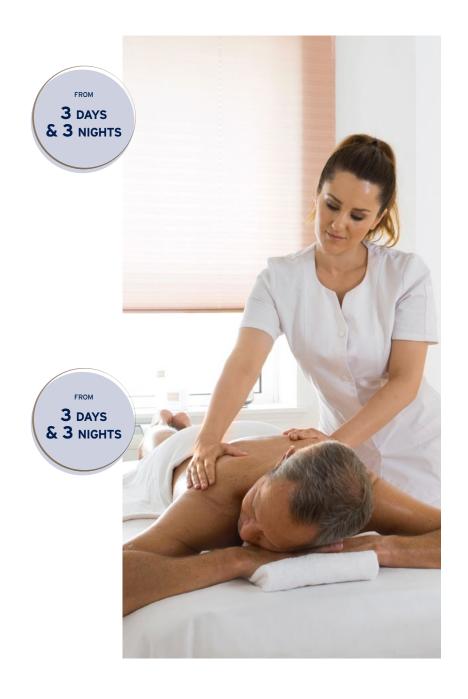
€331 PER DAY AND PER PERSON WITH BREAKFAST*

(POSSIBILITY FOR FULL OR HALF BOARD)

Meals may be served in buffet form depending on the inspiration of the Chef

€247 PER DAY AND PER PERSON NOT INCLUDING ACCOMMODATION AND FOOD

* Rate indicated, per day and per person for a double Deluxe room with view over the Thermal Spa (occupied by 2 people), excluding current City tax. Please contact us for the single room rate.



WELL-BEING

Take advantage of the benefits of spa care treatments with Vichy thermal water.

- 1 Trilogy of «Signature» treatments with Vichy thermal water, each day: Hydromassage bath with Vichy thermal water; Phyto-mineral mud wrap; Vichy Thermal Water shower with a 2 hand massage
- 1 Bol d'air Jacquier® session
- 1 Group Session in thermal water + free group fitness sessions

FROM:

€249 PER DAY AND PER PERSON WITH BREAKFAST*

(POSSIBILITY FOR FULL OR HALF BOARD)

Meals may be served in buffet form depending on the inspiration of the Chef

€151 PER DAY AND PER PERSON NOT INCLUDING ACCOMMODATION AND FOOD

◆ DIGITAL DETOX® - temporary disconnection

Freedom from the constraints of being too connected, take a step back and really relax. A true return to yourself and others.

- 1 Trilogy of «Signature» treatments with Vichy thermal water, each day
- 1 Health care treatment by an expert each day: Head Spa Massage; Behavioural therapy coaching & cardiac coherence; Abhyangam massage;
- 1 Bol d'air Jacquier® session
- 1 Personalised sports coaching session, 1 Group Session in thermal water + free group fitness sessions

FROM:

€345 PER DAY AND PER PERSON WITH BREAKFAST*

(POSSIBILITY FOR FULL OR HALF BOARD)

Meals may be served in buffet form depending on the inspiration of the Chef

€262 PER DAY AND PER PERSON NOT INCLUDING ACCOMMODATION AND FOOD

* Rate indicated, per day and per person for a double Deluxe room with view over the Thermal Spa (occupied by 2 people), excluding current City tax. Please contact us for the single room rate.



BEAUTY CARE TREATMENT PROGRAMMES

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For all reservations of a Health - Wellness - Beauty spa care treatment programme get a 10% discount

on any a la carte supplementary treatments.

Except for therapeutic care treatments, mind & body sessions.



♦ THE CÉLESTINS COMPLEXION

For skin that is mineralised, fortified and radiant with health.

- 1 Trilogy of «Signature» treatments with Vichy thermal water, each day
- 1 Health care treatment by an expert each day: LED & radiofrequency followed by a 30min Minéral 89 care treatment by the Institute of Vichy Laboratories; Endermolift™ LPG® Premium Facial; Skin Diagnosis followed by a 60min 300 Million New Cells care treatment by the Institute of Vichy Laboratories.
- Free group fitness sessions

FROM:

€387 PER DAY AND PER PERSON WITH BREAKFAST*

(POSSIBILITY FOR FULL OR HALF BOARD)

Meals may be served in buffet form depending on the inspiration of the Chef

€315 PER DAY AND PER PERSON NOT INCLUDING ACCOMMODATION AND FOOD

ANTI-AGEING

Regenerate the cellular activity of your skin with an immediate firming effect.

- 1 Trilogy of «Signature» treatments with Vichy thermal water, each day
- 1 Health care treatment by an expert each day: LED & radiofrequency followed by a SkinC Flash Détox care treatment; Endermolift™ LPG® Premium Facial; Skin Diagnosis followed by a SkinC Supreme anti-ageing care treatment
- Free group fitness sessions

FROM:

€387 PER DAY AND PER PERSON WITH BREAKFAST*

(POSSIBILITY FOR FULL OR HALF BOARD)

Meals may be served in buffet form depending on the inspiration of the Chef

€315 PER DAY AND PER PERSON NOT INCLUDING ACCOMMODATION AND FOOD

* Rate indicated, per day and per person for a double Deluxe room with view over the Thermal Spa (occupied by 2 people), excluding current City tax. Please contact us for the single room rate.



VICHY THERMAL WATERS

SOURCE OF GOOD HEALTH & WELLBEING

THROUGH OVER 2,000 YEARS OF THERMALISM

The Gallo-Romans were the first to discover the therapeutic virtues of the Vichy thermal springs surging out of the earth at the ideal temperature of 40°C, pushed naturally by the build-up of natural carbon dioxide gas. It was in 1676, that Madame de Sévigné famously wrote about the benefits of Vichy Thermal Spa water, and drew the attention of the French Court. The Vichy spa water cured her rheumatism « The waters here are certainly miraculous » and they even provided her with beauty care « The water makes my skin soft and matt ».

In the 19th century, the Vichy thermal sparesort took on an international dimension with the influence of the French Emperor, Napoleon III. He gave the management to a unique actor, the Compagnie de Vichy, founded in 1862. Thermal spa centres, opera house, golf course, parks and a casino were soon created in the town. The reputation of the Vichy thermal spa resort has earned it the title of « the Queen of Spa Towns ».

ORIGINS OF VICHY'S MINERAL AND THERMAL WATERS, CALMING AND MINERALISING

Rainwater seeps slowly through the microscopic cracks in the volcanoes of the Auvergne. At a depth of 4,000 metres it comes in contact with the magma and starts its journey through a unique variety of volcanic rocks. The water is heated, and becomes charged with carbon dioxide, minerals and trace elements:

- (нсо³) **Hydrogenocarbonates** (maintaining acid-base regulation)
- (Ks) Sulphur (detoxifying)
- F Fluor & (Mn) Manganese (antioxydants)
- (Li) Lithium & (sr) Strontium (anti-inflammatory)
- Boron (healing)
- (ca) Calcium (protecting)
- Fe Iron (helps transport oxygen to cells in the body)
- (cu) Silicium (regeneration)
- κ Potassium (hydrating)

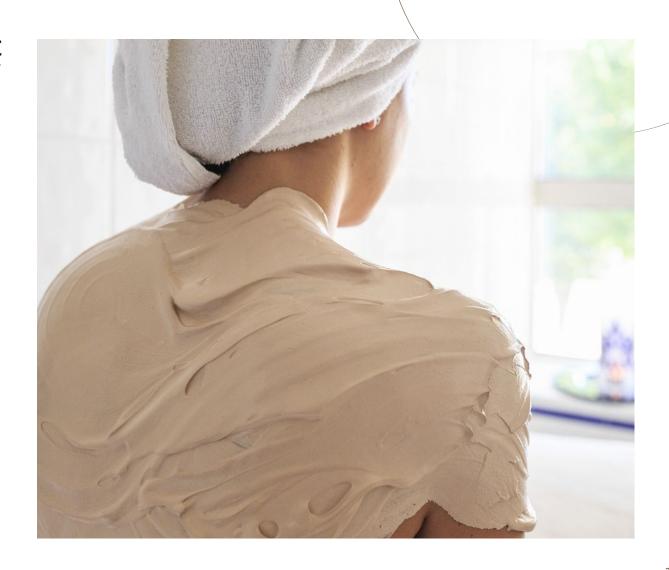
Naturally propulsed to the Earth's surface, nine hot water springs discharge their water in the Vichy area.



◆ « SIGNATURE» SPA CARE TREATMENTS WITH VICHY THERMAL WATER

EXPERIENCE THE RITUAL OF « SIGNATURE » CARE TREATMENTS WITH VICHY THERMAL WATER

- The Hydromassage bath with Vichy thermal water, at 35°C, ensures optimal relaxation and favours the absorption through the skin of the minerals and trace elements which are naturally contained in the water.
- A Phyto-mineral mud wrap with Vichy water helps sooth joint pain.
- The Vichy Thermal Water shower and 4 hand massage « The ORIGINAL since 1896 » is made under a fine rain of warm thermal water, by two perfectly synchronised practitioners, for an unforgettable experience of wellness.







A SOURCE OF STRENGTH FOR YOUR SKIN

THE POWER OF VICHY MINERALISING WATER FOR A STRONGER SKIN, RADIANT WITH HEALTH

Since their creation in 1931, the Vichy Laboratories have been supporting the health and beauty of your skin. At the heart of their products is Vichy Thermal mineralising water. Born in the volcanoes of France and enriched with 15 essential minerals as it follows the same path as thousands of years ago, through an extraordinary variety of different rocks. This unique water strengthens your skin against the aggressions of everyday life. At the Institute of Vichy Laboratories, located not far from the thermal spa centre, this mineralised water finds its full expression. Incorporated into the heart of Vichy products with strong active ingredients inspired by nature, the water is used in spa care treatment protocols developed and validated by experts, to transform your skin, rebalancing, fortifying and regenerating.

YOUR CUBICLE SPA CARE TREATMENT, METAMORPHOSING YOUR SKIN: WATER, MASSAGE, ACTIVE INGREDIENTS

Each ritual, defined based on your Personalised Skin Diagnosis, takes into consideration your lifestyle, sensations and feelings, and transforms your skin step by step. The effects are visible from the first treatment. Four cubicles, each with a bath and bed, are at your disposal. Feel the mineralising freshness of the fine spray of Vichy Water, the delight and pleasure of textures of perfectly dosed active ingredients. Feel you skin becoming plumped up, your face and body remodelled under the expert hands of your Skincare specialist. A moment of pure bliss which covers the face and body, calmed and soothed by a mineral music.





PERSONALISED ADVICE AND SUPPORT FOR A SKIN SUSTAINABLY MORE BEAUTIFUL AND STRONG

To prolong the benefits of your care treatment, your Vichy Skincare specialist will provide you with your Personalised Programme of Vichy Care Treatments with your ritual of products, self-massage movements, and advice for a healthy skin. Our textures bar is also available to you to experience the physical sensations of the textures of our care treatments and discover the natural active ingredients which inspire each range of our care treatments. Everything is done to continue to support you, even after your stay has ended. To remind you each day of your feelings and sensations, to strengthen your skin. Men also have a programme specially designed for them! Let us guide you. We will support you and give you advice.

We want you to fully enjoy and appreciate this renewal.

The full range of Vichy Laboratories products are on sale at the Institute.





THE EXPERTISE OF PROFESSIONAL SKINCARE TREATMENTS

THE N°1 IN ANTIOXIDANTS AND COSMECEUTICALS

SkinCeuticals, the Number 1 Antioxidant Skin Care Line with Skincare on the frontier between cosmetics and pharmaceutical products, proposes targeted facial skincare treatments combining highly efficient in-clinic treatments and sensorial experience.

SkinCeuticals proposes a personalised expert skin diagnosis using a dermatology tool, the SkinScope LED. After analysing your skin profile we advise on the best products to help achieve your skincare goals.

THE SKINCEUTICALS PHILOSOPHY IS BASED ON 3 PRINCIPLES:

PREVENT the visible signs of premature ageing by using antioxidants to neutralise the free radicals which cause oxidation, leading to skin damage.

CORRECT the visible signs of ageing and restore a healthier and more youthful appearance with pure, highly concentrated active ingredients.

PROTECT healthy skin against the harmful effects of UV by using solar filters on a daily basis.

« The SkinCeuticals products used in our beauty care treatments are recommended by dermatologists and cosmetic surgeons. They are professional high-performance products. » SkinCeuticals care treatments prevent skin ageing, optimise the beauty and health of the skin and keep it looking young and fresh. Each care treatment uses specific anti-ageing modelling techniques and formulas, adapted to all skin types, even the most sensitive.

The SkinCeuticals range of products is on sale in our Beauty Care Centre.





D — L A B

NUTRICOSMETICS

NUTRITION AT THE HEART OF PREVENTIVE HEALTHCARE

THE GUARANTEE OF EXTREMELY PERSONALISED CARE TREATMENTS

Based on the fact that each individual has unique needs, micronutrition helps to identify any excess or deficiency in terms of micronutrients which are necessary for the equilibrium and proper functioning of the body. OLIGOSCAN technology provides a precise diagnosis of these needs, and the D-LAB MICRONUTRITION range of products was developed to respond to such needs in a very precise way.

OLIGOSCAN: AN INNOVATIVE TECHNOLOGY

The efficiency of this measuring device has been proved scientifically. It can rapidly evaluate levels of minerals, trace elements, oxidative stress and heavy metals and establish a supplementation to serenely preserve your health capital, reinforce defences and naturally ensure longevity.

D-LAB: THE SPECIALIST IN MICRONUTRITION

Exclusively made in France, the micronutrition range is made up of 14 ultra-targeted formulas, which activate the major mechanisms of cell protection, repair, and regeneration, by delivering a precise dose of active ingredients of exceptional quality, with the highest rate of bioavailability. Hepatic Detox - Heavy Metal Detox - Joints - Circulation - Probiotics - Omegas - Sleep - Magnesium - Zinc - Selenium - Chromium - Iodine,...

Discover the D-LAB MICRONUTRITION range of products in our boutique.











THERMAL SPA PASS

FREE OF CHARGE WHEN YOU RESERVE A SPA CARE PROGRAMME, A SHORT BREAK, OR À LA CARTE SPA CARE TREATMENTS

- Relax in a giant hydromassage pool of Vichy thermal water, naturally hot at around 34°C.
- A eucalyptus hammam for purification
- Detox saunas at different temperatures and with different fragrances
- An ice flake fountain to stimulate circulation
- Cold water bath for lighter legs
- A cardio-training area to wake-up your body
- Drain and hydrate at the Organic herbal tea bar with Vichy Célestins mineral water available on tap

GOWN AND TOWEL PROVIDED





♥ A ROMANTIC BREAK

Fall in love all over again

 Deluxe Room with half board and a 1/2 bottle of Champagne for 2 people, from 1 night.

Meals may be served in buffet form depending on the inspiration of the Chef

• 1 x 25min Relaxing back massage in a private cubicle for two.

Thermal Spa Pass*.

FROM €434 FOR THE COUPLE PER DAY

♦ THE CÉLESTINS COMPLEXION

For skin that is strong and radiant with health

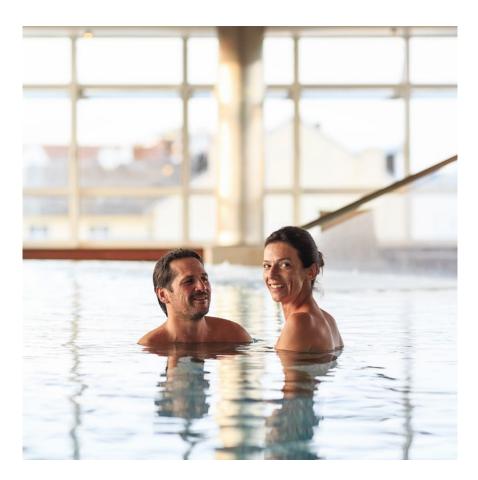
 Deluxe Room with half board, from 1 night.

Meals may be served in buffet form depending on the inspiration of the Chef

•1 x 60min Vichy Laboratories Institute Minéral 89 care treatment, including skin diagnosis

• Thermal Spa Pass*.

FROM €272 PER DAY AND PER PERSON



♦ THERMAL SIGNATURE

Charge your batteries

• Deluxe Room with half board, from 1 night.

Meals may be served in buffet form depending on the inspiration of the Chef

- 1 Trilogy of «Signature» treatments with Vichy thermal water: Hydromassage bath; Phyto-mineral mud wrap; Vichy Thermal Water Shower with 2 hand massage
- Thermal Spa Pass*.

FROM €281 PER DAY AND PER PERSON

♦ ZEN CÉLESTINS

Relax

• Deluxe Room with half board, from 1 night.

Meals may be served in buffet form depending on the inspiration of the Chef

- 1 x 25min Zen Célestins 4 hand massage
- Thermal Spa Pass*.

FROM €251 PER DAY AND PER PERSON

The Price includes VAT, but does 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 payable for a single room, or a Deluxe Room with view over the Park, or for a superior category of accommodation (Page 32). All alcoholic drinks mentioned on this double page should be consumed in moderation.

^{*} THERMAL SPA PASS: Page 27.



♦ WEEK-END WITH PRIVATE JACUZZI®

Take privileged time out, on your own or for two

• Deluxe Room with half board, from 1 night.

Meals may be served in buffet form depending on the inspiration of the Chef

Jacuzzi® Private VIP Area (1 or 2 people);
 Sensorial Shower; Hammam;
 Sauna; Jacuzzi®.

• Thermal Spa Pass*.

FROM €237 PER DAY AND PER PERSON

◆ DETOX WEEK-END

Purify your body

• Deluxe Room with full board - "Detox", from 1 night.

Meals may be served in buffet form depending on the inspiration of the Chef

• 1 Iyashi Dôme® session.

• 1 Bol d'air Jacquier® Session.

Thermal Spa Pass*.

FROM €270 PER DAY AND PER PERSON



HONEYMOON

For magic memories

• Junior Suite with half board, from 1 night.

Meals may be served in buffet form depending on the inspiration of the Chef

- 1 Bottle of Champagne for 2 people.
- 1 x 50min Candle massage in a private cubicle for two.
- Thermal Spa Pass*.

FROM €710 FOR THE COUPLE PER DAY

◆ GOURMET BREAK & SPA

Treat your taste buds

• Deluxe Room with half board, including a glass of Champagne, and 2 glasses of wine, from 1 night.

Meals may be served in buffet form depending on the inspiration of the Chef

- 1 x 25min Relaxing back massage
- Thermal Spa Pass*.

FROM €218 PER DAY AND PER PERSON

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.

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^{*} THERMAL SPA PASS: Page 27.



◆ GOLF & SPA BREAK

Get some fresh air and relax

• Deluxe Room with half board, from 1 night.

Meals may be served in buffet form depending on the inspiration of the Chef

- 1 Green Fee for the 18 hole course at the Vichy Sporting Club
- 3 Golf balls, scorecard, transport to and from the golf course
 - Thermal Spa Pass*.

FROM €205 PER DAY AND PER PERSON

CASINO

Get away from it all!

• Deluxe Room with half board, from 1 night.

Meals may be served in buffet form depending on the inspiration of the Chef

- Thermal Spa Pass*.
- 1 glass of Champagne free of charge (a).
 - €5 of chips or more, free of charge (depending on accommodation)^(a).

(a) available at the Partouche Casino in Vichy

FROM €157 PER DAY AND PER PERSON



AN ANNIVERSARY FOR TWO

An elegant surprise

• Deluxe Room with half board, and a free welcoming 1/2 bottle of Champagne for 2 people, from 1 night.

Meals may be served in buffet form depending on the inspiration of the Chef

- 1 Anniversary cake, per stay, made by our Pastry Chef
- 1 x 50min Wellness body massage in a cubicle for two
- Thermal Spa Pass*.

FROM **520** € FOR THE COUPLE PER DAY

VICHY OPERA

Ballet, opera, concerts, theatre, ...

- A Deluxe room, and Cocktail finger food at the Hotel bar, including 1 glass of Champagne or 1 glass of wine, from 1 night.
- 1 Place at the Vichy Opera (your choice of spectacle, subject to reservation and availability).
- Thermal Spa Pass*.

FROM 179 € PER DAY AND PER PERSON

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 payable for a single room, or a Deluxe Room with view over the Park, or for a superior category of accommodation (Page 32). All alcoholic drinks mentioned on this double page should be consumed in moderation.

^{*} THERMAL SPA PASS: Page 27.



MASSAGE

Let go and enjoy!

 Deluxe Room with half board, from 1 night.

Meals may be served in buffet form depending on the inspiration of the Chef

• 1 x 50min Massage of your choice.

• Thermal Spa Pass*.

FROM €251 PER DAY AND PER PERSON

ANTI-AGEING

Anticipating ageing skin

• Deluxe Room with half board, from 1 night.

Meals may be served in buffet form depending on the inspiration of the Chef

• 1 x 60min SkinC Expert care treatment, including a skin diagnosis.

Thermal Spa Pass*.

FROM €272 PER DAY AND PER PERSON



JUST GIRLS

Sharing, having fun and relaxing together

• Deluxe Room with half board, from 1 night.

Meals may be served in buffet form depending on the inspiration of the Chef

- •1 x 25min Massage of your choice.
- 1 Célestins complexion booster facial care treatment
- Thermal Spa Pass*.

FROM €271
PER DAY AND PER PERSON

♦ THE GREAT ESCAPE

Get away from it all!

• Deluxe Room with half board, from 1 night.

Meals may be served in buffet form depending on the inspiration of the Chef

• Thermal Spa Pass*.

FROM €157 PER DAY AND PER PERSON

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 payable for a single room, or a Deluxe Room with view over the Park, or for a superior category of accommodation (Page 32). All alcoholic drinks mentioned on this double page should be consumed in moderation.

^{*} THERMAL SPA PASS: Page 27.

GIFT BOXES

IN JUST A FEW CLICKS, OFFER A WELLNESS SHORT BREAK TO SOMEONE YOU LOVE



PERSONALISE YOUR GIFT IN OUR ONLINE BOUTIQUE:

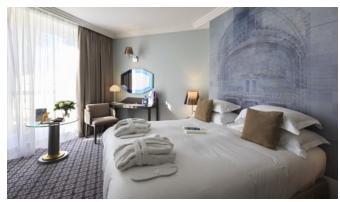
www.vichy-spa-hotel.secretbox.fr



DELUXE ROOMS & SUITES

UNDER THE SIGN OF WELLNESS...

Inspired by the history of Vichy's Thermal Domain, the decoration purposely keeps a refined atmosphere to support your wellness and serenity. Without losing its elegance, the non-ostentatious luxury is incontestably modern but 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.



DELUXE ROOM WITH PARK OR THERMAL SPA VIEW - 35 M²



SUITE WITH PARK VIEW - 66 M²



JUNIOR SUITE WITH PARK VIEW - 55 M²



PRESIDENTIAL SUITE - 120 M²



A BALANCED CUISINE

WITH VICHY CÉLESTINS MINERAL WATER



Orchestrated by the Chef Christophe Vauthier, and working closely with a dietician, our « Health, Taste and Pleasure » cuisine using Vichy Célestins mineral water, plays with authentic flavours and savours to produce dishes which are not only creative, but also appetising and light. The VICHY CÉLESTINS SPA HOTEL received the ESPA prize for culinary innovation in 2014. The recipes are controlled using low temperature cooking, with reduced salt, due to the bicarbonate present in the Vichy Célestins mineral water. To increase the flavour of your meal and the consumption of mineral salts, while at the same time reducing the use of table salt by 40%, for each table in the Restaurant we provide a salt mill containing Vichy Thermal Spa Water mineral salts.

Exclusive recipes (see News): www.vichy-spa-hotel.fr



THE BOUTIQUE



SWIMWEAR, BATH PRODUCTS, GIFTS AND SOUVENIRS

The Boutique is open from Tuesday to Saturday, from 3pm to 7pm and is on the ground floor of the Vichy Célestins Thermal Spa.



Discover a large range of bathrobes and swimming costumes for Men and Women, in all sizes: Maryan Mehlhorn®, Watercult®, Lidea®, Foglers®, Charmline® Selmark®, Dolly & Jane®...

The exclusive « Maison Les Célestins » wellness range; effervescent bath pebbles with Vichy mineral salts, Célestins shampoos and shower gels.

Vichy mineral salts. Regional ORGANIC herbal teas and tisanes. Vichy pastilles. Souvenirs and ideas for wellness gifts: ambiance candles and perfumes, special edition glass bottles, glasses to take the spa waters with a Vichy screen printed design, in a special "curist" carrying basket, sandals, toiletry accessories...

D-LAB NUTRICOSMETICS

Skin, Body, Hair: exclusively made in France. For more than 10 years D-LAB has been selected by wellness professionals for its nutritional expertise, which is essential relative to the promise of complete and sustainable results and the quality of their naturally active ingredients. Marine collagen, hyaluronic acid, natural Keratin, Resveratrol, Nopal...



THE HAIRDRESSING SALON

RÉJANE DIOLI

A MAJOR PERSONALISED TREATMENT, OR LOW MAINTENANCE CARE, BASED ON NATURAL INGREDIENTS

Open without interruption from Tuesday to Saturday from 9am to 6pm, the Hairdressing Salon is located on the ground floor of the Vichy Célestins Thermal Spa.

At the « Hair Spa », benefit from high quality capillary cosmetics:

- visual examination followed by a diagnosis of your scalp and hair
- a major personalised capillary care treatment
- a long rinse followed by scalp stimulation
- a cut which responds to your expectations, followed by drying

Major capillary care treatment: 1h30 Low-maintenance care: 40 min

As well as à la carte cuts and colours.

Make a reservation now:

Tél.: +33 (0)4.70.97.01.01

For more information: Facebook/RejaneDioliCoiffure



USEFUL INFORMATION

BOOK YOUR STAY www.vichy-spa-hotel.fr/en

OUR COORDINATES

Telephone: from Monday to Friday from 8:30am to 12h30pm and 1:30pm to 5:30pm : 00 33 (0)4.70.97.01.01 info@compagniedevichy.com

VICHY CÉLESTINS SPA HÔTEL

111, boulevard des États-Unis - 03200 Vichy - France Telephone: Hotel Reception, 24 h/24 et 7 j/7 : +33 (0)4.70.30.82.00

GENERAL SALES TERMS AND CONDITIONS

www.vichy-spa-hotel.fr/cgv

WHAT TO PACK

Bathrobes, towels and a pair of disposable thong sandals are provided. Remember to bring a swimming costume 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 and on Sundays from 9am to 1pm, as well as on Public Holidays.

The VICHY CÉLESTINS SPA HÔTEL annual closing period starts on 18 February 2019. The Hotel reopens 1 March 2019 at 3pm. The Vichy Célestins Thermal Spa reopens on 2 March 2019 at 9am.



ACCESS FOR DISABLED PEOPLE

Please contact our team for advice on the most suitable and adapted spa care treatments.

DOCTOR'S CERTIFICATE

Upon arrival, we will ask you to complete a medical certificate of non-contraindication for all the care treatments and activities provided in the Vichy Célestins Thermal Spa. If, however, a contraindication exists, a Medical Certificate will be required. Such certificate will not be necessary if you have booked a consultation with our Thermal Spa Doctor.

ACCESS TO THE VICHY CÉLESTINS THERMAL SPA

For the well-being of everybody, please put your mobile phone into silent mode. Please come wearing your swimsuit with bath robe, non-slip sandals or thongs, and full sports kit (outdoor clothing is not allowed). Please shower before entering the spa care treatment or relaxation areas. Out of respect for the modesty and privacy of others, nudity is not allowed in the Spa perimeter, particularly in the Turkish baths/hammam and saunas. Disposable underwear will be provided before each spa care treatment. Wearing a bathrobe is mandatory in the communal areas.

ACCESS TO THE VICHY CÉLESTINS THERMAL SPA IS AUTHORISED ONLY FOR PEOPLE OVER THE AGE OF 16

For people under 16 to benefit from a spa care treatment, a parental consent form will be required.

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 and times to suite your convenience, we recommend you reserve in advance. Your reservation is considered as a contractual obligation. 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 an early arrival or late departure, subject to availability, and for an extra charge.

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 the main parts of the hotel and in rooms, but, for hygiene reasons, are not allowed in the Vichy Thermal Spa, nor our restaurant or bar. If you wish to bring a pet, for which a supplement is payable, please make your request at the time of your reservation.

CAR PARKING

A sheltered car park is located opposite the hotel with a valet and luggage service, for which a supplement is payable. A Partner of the Tesla Recharge Destination network.

INTERNET ACCESS

Free WiFi within the Hotel complex.

Legal Notices: Compagnie de Vichy Registered Office and Head Office 1 & 3 avenue Eisenhower BP 2138 03201 Vichy Cedex France. A Public Limited Company with paid in Capital of €5,680,000. Registered with the Cusset Trade and Companies Register under N° 542 105 291. Intra-community VAT N° FR14 542 105 291. Register of Tour Operators and Travel Agents registration N° I M003110002 City tax not subject to VAT. Financial Guarantee: ATRADIUS CREDITO Y CAUCION S.A. DE SEGUROS Y REASEGUROS 92596 LEVALLOIS-PERRET France. Insurance: AXA France I.A.R.D. SA . Publication and Production Manager: Ismaël Gergef, Service communication de la Compagnie de Vichy. Graphic Design: Ernesto Teixeira. Printer: Siman (63 Clermont-Ferrand). Photo credits: Jacuzzi®, L'Institut des Laboratoires Vichy®, Skinceuticals®, Iyashi Dôme®, D-LAB®, Opéra de Vichy-Christophe Morlat, Hippodrome de Vichy-Christophe Morlat, Jérôme Mondière, Emmanuela Cino, Joël Damase, Fabrice Vallon, rights reserved, Corbis, Charmline, Istockphoto: Filadendron, Gael_f, Svedoliver, Jacob Wackerhausen, nastinka, Ridofranz, SrdjanPav, skynesher

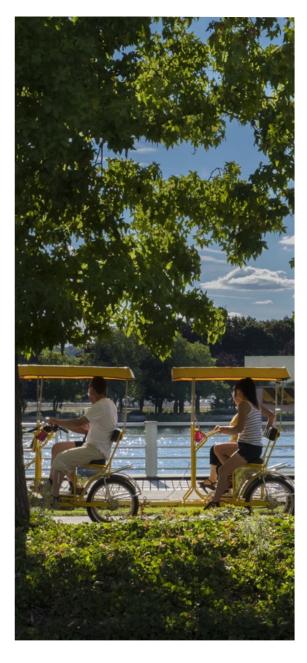
THE TOWN OF VICHY

THINGS GOING ON IN VICHY DURING 2019

The Vichy Opera	annual programme	
Vichy Celebrates Napoléon III	from 27 and 29 April*	
Horse racing at the Vichy Racecourse	from May to September	
The Portrait(s) Festival	from mid-June to mid-September*	
Jumping International Vichy	from 27 to 30 June	
Vichy Foret Montpensier Golf Course Trophies	Week from 6 to 14 July	
Ironman®	24 and 25 August	
Vichy Sporting Club Golf Week	from 3 to 15 August	
Waterski Racing World Championships	from 7 to 14 September	







^{*} Dates to be confirmed. Please contact the Vichy Tourist and Thermalism Office









HOW TO GET TO VICHY?

FROM PARIS

<u>~</u>	Charles de Gaulle Airport or Orly Airport, arriving at Clermont-Ferrand Aulnat Airport
P	From Bercy railway station, Paris, the train takes2h50
Ā	By Road via the A1O and A714h
•••••	
	FROM LYON
P	Lyon Perrache or Lyon Part Dieu Railway Stations2h
Ā	By Road via the A89 motorway2h15

FROM CLERMONT-FERRAND

	Clermont-Ferrand Railway Station30 min
A	By Road via A71 and A719 45 min
•••••	FROM GENEVA

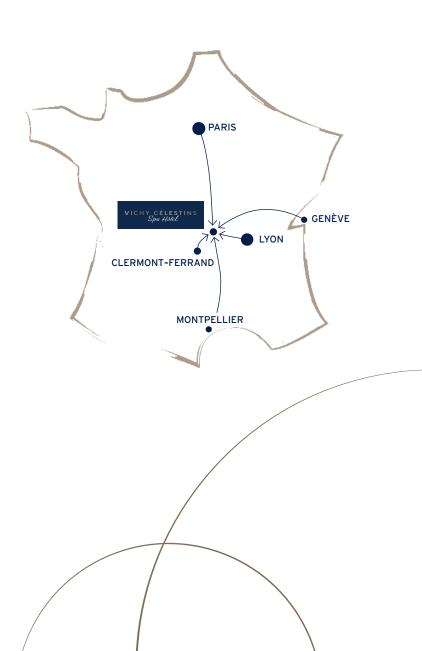
Ħ	Geneva Railway Station4h
A	By Road via A40 or the A89 3h30

FROM MONTPELLIER

By Road via	the A75	3h45
	By Road via	By Road via the A75

Discover two other establishments managed by the Compagnie de Vichy to help you take care of your health :

www.thermes-de-vichy.fr





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Virtual reality video available on Youtube

Share your experience #VichyCelestinsSpaHotel

SUBSCRIBE TO OUR PRIVATE SALES

Healthy Nutrition - Wellness - Beauty Care www.vichy-spa-hotel.fr/en



VICHY CÉLESTINS Spa Hôtel

111 Boulevard des États-Unis 03200 VICHY - FRANCE

info@compagniedevichy.com Information and Reservations: +33 (0)4 70 30 82 82













OUR FIVE DESTINATIONS, FRANCE AND INTERNATIONAL



VICHY - FRANCE BOUZNIKA - CASABLANCA - MOROCCO SALWA - QATAR **MARIENBAD** - CZECH REPUBLIC



MOULAY YACOUB-FÈS - MOROCCO

Discoverf all our destinations:

www.vichy-spa-hotel.fr/en