



# *Wellness stay* body & mind in harmony

A 4-day resourcing program to suspend time and emotions and rediscover inner calm

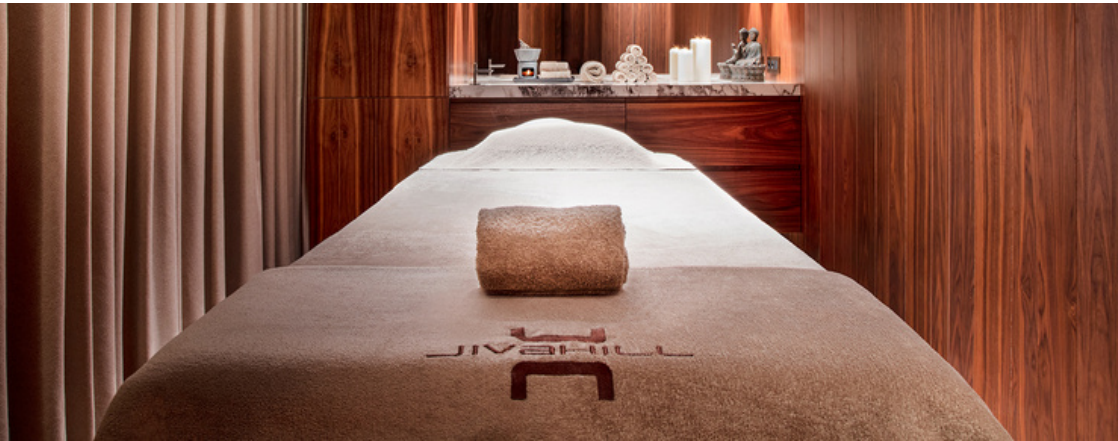
2 850 € per person with treatments

Accompagnant without treatments 750 €

Booking upon availability at hotel reception

+33 (0)4 50 28 48 32

reservation@jivahill.com



# Defocus

- DAY 1      Emotional check-up, sauna, pressotherapy,  
personnalized modelling
- Lunch & Dinner at Jiva restaurant or Le Jardin  
Night in Superior room
- DAY 2      Breakfast
- Guided meditation, free swim, guided dynamic  
walk, hammam, sensorial exfoliation, releasing  
emotions modelling, oxygenating facial care,  
pressotherapy, sophrology
- Lunch & Dinner at Jiva restaurant or Le Jardin  
Night in Superior room
- DAY 3      Breakfast
- Guided meditation, jacuzzi and free swim,  
timeless facial care, plantar modelling, sauna,  
sophrology
- Lunch & Dinner at Jiva restaurant or Le Jardin  
Night in Superior room
- DAY 4      Breakfast
- Guided dynamic walk, free swim,  
pressotherapy, emotional check-up