



VICHY CÉLESTINS
Spa Hôtel

VICHY-FRANCE

BROCHURE 2017



"AT VICHY, BECOME *THE* ACTOR OF YOUR HEALTH."

VICHY



Vichy the "Queen of Spa Towns" is known throughout the world as a precursor in the development of thermal spa medicine. Since 1853, the Compagnie de Vichy, owner of the VICHY CÉLESTINS SPA HÔTEL, manages the thermal spa heritage in the town.

Created on the basis of a pioneering concept of global health, the VICHY CÉLESTINS SPA HÔTEL proposes innovative and personalised "Health-Nutrition- Well being-Beauty" care treatments programmes.

Discover in our brochure the 5 keys to global health based on the Vichy Method.

You are invited to come to the largest Thermal Spa centre in Europe, linked by an enclosed glass bridge to the recently renovated 5 Star Vichy Célestins Hôtel.



SUMMARY

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SOOTHING AND
MINERALISING



IN THE BEGINNING...

VICHY THERMAL WATER REMARKABLY ACTIVE

The Vichy thermal waters have their origins in the heart of the volcanoes in the Auvergne. Being in contact with magma, the water is heated and then rises, following the same path as thousands of years ago, from 4,000 metres beneath the earth's crust, through an extraordinary variety of different 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, fluoride...

Contrary to what is usually thought, Vichy thermal waters 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.

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

For **beauty care**, using Vichy thermal water as an everyday beauty treatment lets the minerals rebalance, reinforce and regenerate your skin, making it stronger every day.

THE VICHY CÉLESTINS SPA HÔTEL

VICHY-FRANCE

THE LARGEST MEDICAL THERMAL SPA IN EUROPE...

In a calm, light and vast open plan space of 7,500 m², the team at Vichy Célestins Thermal Spa welcomes you for your personalised spa break.

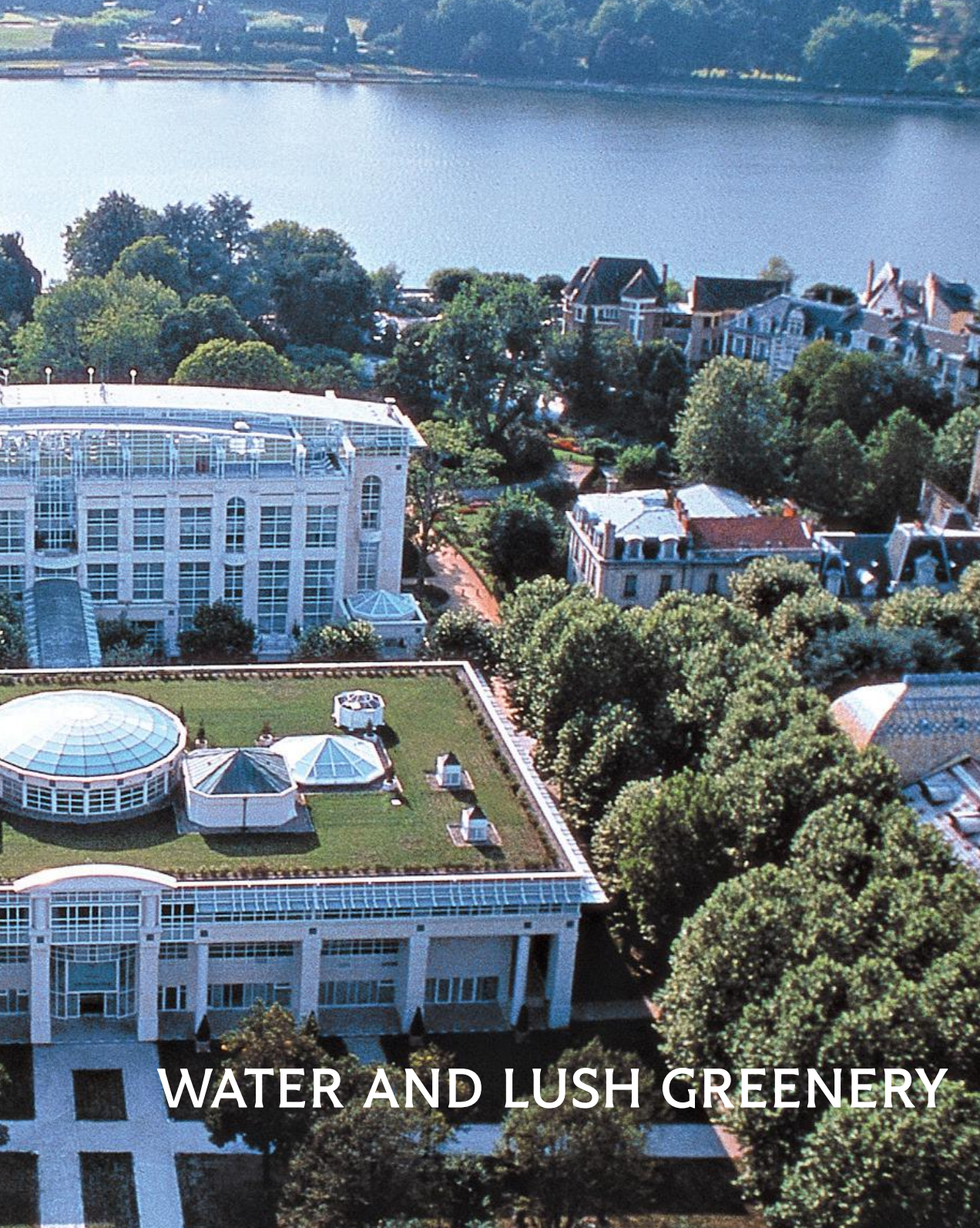
NEW FOR 2017: try out the new private VIP Jacuzzi area®: see pages 33 and 42.

Under an immense glass dome, the spa centre harmoniously brings together the "Signature" treatments using Vichy thermal water, the care treatments of the Vichy Laboratories Institute, the SkinCeuticals anti-ageing care treatments, the Health Centre, sports activities in a thermal water pool and a cardio-fitness area, a relaxation area with a Vichy thermal water giant pool, hammam, ice fountain, saunas, a cold water bath to reduce swollen legs and ankles, and an organic herbal teas and Vichy Célestins mineral water are available, self service.

As soon as you arrive, let our multidisciplinary team be your guide to achieve your goals in "Health-Nutrition-Well being-Beauty".



AN EXCEPTIONAL ENVIRONMENT



WATER AND LUSH GREENERY



... CONNECTED TO THE FIVE STAR VICHY CÉLESTINS HÔTEL BY AN ENCLOSED GLASS WALKWAY

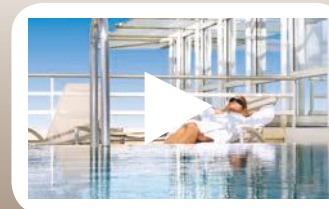
In the peace and quiet of the lush greenery of the Napoléon III Park, which runs alongside 120 hectare "plan d'eau" river-lake, the Vichy Célestins Hôtel provides you with some very agreeable moments of relaxation.

To help you relax, the Deluxe suites and rooms have been decorated in a refined style with soft colours, perfectly reflecting the Vichy thermal city's art of living. The interior of the hotel is also decorated with works of art by contemporary artists.

Whether you are comfortably installed in the main room of the N³ restaurant, or on the magnificent terrace with view over the park, you will enjoy the food which is not only creative, but also appetising and light. In 2014 our spa hotel was awarded the ESPA (European Spas Association) prize for culinary innovation for his healthy cuisine using Vichy Célestins mineral water.

During the day, or in the winding down hours of the evening, enjoy one of our wellness cocktails.

Keep on relaxing around our infinity edge pool on the roof of the hotel, whether indoors or outdoors.



WATCH THE VIDEO
www.vichy-spa-hotel.com

HEALTH CENTRE

LES CÉLESTINS

AT VICHY, BECOME AN ACTOR IN YOUR HEALTH

Located in the Vichy Célestins Thermal Spa, our Health Centre and its multidisciplinary team are available to help you improve the way you manage your health capital.

On the first day of your Health Care Programme you will have a check-up with one of our Doctors.

During your stay you can also have a consultation with one or more of our different specialists.



- GENERAL PRACTITIONERS AND THERMAL PRACTITIONERS
- OBSTETRICIANS AND GYNAECOLOGISTS
- DERMATOLOGIST
- COSMETIC AND PLASTIC SURGEON
- ONCOGENETICIAN **NEW FOR 2017**
- MIDWIFE
- DIETICIANS
- PHYTOLOGIST-NATUROPATHIST **NEW FOR 2017**
- DENTIST SURGEON **NEW FOR 2017**
- PHARMACIST
- OSTEOPATH
- PHYSIOTHERAPIST
- ETIOPATH
- PERSONAL TRAINERS
- SPA THERAPIST
- PSYCHO-BEHAVIOURAL THERAPIST
- SOPHROLOGIST
- THERMAL WATER MUSIC THERAPIST
- YOGA TEACHER

GLOBAL HEALTH CHECK-UP

HOW CAN YOU PRESERVE AND OPTIMISE YOUR HEALTH CAPITAL?

Our Health Centre proposes that you have a comprehensive clinical examination, in welcoming and relaxing surroundings. Everyone has a Health Capital. Unfortunately it is affected by different risk factors, depending on age, lifestyle, and habit, which could lead to pathologies which are better diagnosed early in order to treat them early. We then organise your programme of consultations with our specialists without delays or waiting times. All you have to do is pay for each consultation*.

*Payments for medical consultations are made directly with the doctor concerned. (Costs may be reimbursed by your Public Health Insurance and/or your Private Health Insurance.)

Our Commitments

- All consultation appointments will be made with all specialists within 5 days.
- You will be accompanied at all the different consultations and examinations.
- Your complete Medical Record will be sent to your personal General Practitioner.
- A programme of pertinent and adapted health care treatments will be given to you upon your next stay.

QUALITY OF LIFE ASSESSEMENT, 2 DAYS (not on weekends) > €500

FOR ALL AGES

- Dietician
- Osteopath or Etiopath
- Phytologist-Naturopathist
- Psycho-Behavioural Therapist
- Personal trainers

(a) When family history shows that there could be the risk of cancer, a consultation with the Oncogenetician is recommended. The Oncogenetician evaluates the risk of you having cancer, whether existing or hereditary, and decides, based on these factors, whether or not to undertake an analysis of your genetic characteristics.

PREVENTIVE HEALTH CARE ASSESSMENT, 5 DAYS (not on weekends) > 500 € (not including the cost of consultations)*

WOMEN	- 50 years old	+ 50 years old	MEN	- 50 years old	+ 50 years old	JUNIOR 12 to 18 years	GIRL	BOY
• General Practitioner	V	V	• General Practitioner	V	V	• General Practitioner	V	V
• Blood test, urine test	V	V	• Blood test, urine test	V	V	• Blood test, urine test	V	V
• Dermatologist	V	V	• Cardiologist	V	V	• Dermatologist	V	V
• Gynaecologist	V	V	• Ophthalmologist	V	V	• Gynaecologist	V	
• Ophthalmologist	V	V	• Oncogenetician ^(a) (3 rd week in the month)	V	V			
• Oncogenetician ^(a) (3 rd week in the month)	V	V	• Dermatologist		V			
• Endocrinologist		V	• Urologist		V			
• Neurologist		V	• Cardiologist		V			
• Cardiologist		V						

GLOBAL HEALTH CHECK-UP: QUALITY OF LIFE ASSESSEMENT + PREVENTIVE HEALTH CARE ASSESSMENT*, 5 DAYS (not on weekends) > €950



1

Medical consultation +
dietetics consultation

2

Vichy thermal water
care treatments

3

Expert care treatments

4

Medical check-up

5

Personalised healthy nutrition

THE 5 KEYS TO THE VICHY METHOD

4

Personalised sports
coaching

THE "HEALTH-NUTRITION-WELL BEING-BEAUTY" CARE TREATMENT PROGRAMMES ARE BASED ON THE FOLLOWING 5 ESSENTIAL PRINCIPLES



1

A MEDICAL CONSULTATION & A DIETETICS CONSULTATION

CONSULTATIONS ARE INCLUDED IN HEALTH CARE TREATMENT PROGRAMMES. BUT ARE OPTIONAL FOR WELL BEING AND BEAUTY PROGRAMMES.

CONSULTATIONS AND BILLS OF HEALTH. + DOCTOR'S PRESCRIPTION TO TAKE THE VICHY MINERAL WATERS AS PART OF YOUR TREATMENT.

+ PERSONALISED FOLLOW UP FOR 6 MONTHS ON THE INTERNET AT VICHYDIET.FR FOR SUSTAINABLE BALANCED NUTRITION.



2

A TRILOGY OF "SIGNATURE" VICHY THERMAL WATER TREATMENTS, EACH DAY

EFFICIENCY DUE TO THE REPETITION OF CARE TREATMENTS OVER TIME.

HYDROMASSAGE BATH WITH VICHY THERMAL WATER AND A JET SHOWER, ALTERNATED EVERY OTHER DAY.

+ A PHYTO-MINERAL MUD WRAP
+ VICHY SHOWER WITH 2 HAND MASSAGE.



3

ONE EXPERT CARE TREATMENT EACH DAY

EFFICIENCY DUE TO THE SYNERGY OF THE CARE TREATMENTS, NOT INCLUDING THE "WELL-BEING" PROGRAMME.

POSSIBILITY OF HAVING TWO EXPERT CARE TREATMENTS EACH DAY: PLEASE CONSULT US FOR RATES.



4

PROGRESSIVE AND REGULAR PHYSICAL ACTIVITY

PERSONALISED COACHING, WITH CHECK UP OR PHYSICAL ACTIVITY IN VICHY THERMAL WATER.

+ USING THE CARDIO-TRAINING AREA TO IMPROVE ENDURANCE AND BODY TONE.
+ GROUP FITNESS SESSIONS.



5

"HEALTH, TASTE AND PLEASURE" NUTRITION WITH VICHY CÉLESTINS MINERAL WATER

WITH THE MENUS INCLUDED IN YOUR PACKAGE OR PERSONALISED MENUS.

FOR THE HEALTH CARE PROGRAMMES, OUR DIETICIAN PERSONALISES YOUR MENUS WITH OUR CHEF.



GET YOUR DIGESTIVE WELL BEING BACK

Health objective: Acid-base balance **NEW FOR 2017**

To be healthy urine pH levels must remain between 6.5 and 7.5.

This is what is called the acid-base balance.

Or modern lifestyle encourages us eat fatty foods, rich in animal proteins (red meat, charcuterie cold cooked meats, dairy products) which acidify our organism and generate extra stress, another source of acidification.

How to rebalance you pH?

- Drinking Vichy mineral water which is rich in bicarbonates, you can naturally rebalance the acidity of your organism.
- Every day having an acid-base diet, varied and balanced in terms of fruit and vegetables.
- Progressively and regularly increasing your physical activity.
- Oxygenating your body by learning how to breathe deeply and relax.



HEALTHY COOKING WITH VICHY CÉLESTINS MINERAL WATER

The goodness of water, not like the others

Vichy Célestins mineral water is famous for the beneficial effects it has on your complexion and organism. Being rich in minerals (3,325 mg/litre) and with a high bicarbonate content (2,989 mg/ litre) make it ideal for a Detox cure. This richness in minerals and bicarbonate also make it ideal for use in cooking.

What are the advantages of Vichy Célestins mineral water in cooking?

- Preparations are enriched and preserved by its minerals.
- Reduces the cooking time for vegetables and preserves their colour.
- Recipes are more digestible, due to the water's alkalinity enhancing properties.
- The use of table salt is reduced by 40%, without reducing the perception of saltiness, due to the natural presence of bicarbonate in the water.



RELAX AND LET GO WITH A CÉLESTINS RITUAL THERMAL CARE TREATMENT

Take a 1h30 relaxing break in our unique thermal suite **NEW FOR 2017**

A privileged moment with three Vichy thermal water care treatments.

The hydromassage bath, hydrates the skin which becomes saturated with the minerals from the Vichy water.

The body is relaxed and then covered with a hot phyto-mineral mud wrap, which relaxes muscular tension even further.

An even deeper relation is brought about by the famous Vichy shower with 4 hand massage, "the Original since 1896", or with a 2 hand massage.

An original and unique experience which our team suggests you try at least once!

(a) WEIGHT LOSS

Survey taken during 2015 of 29 of our clients (women and men) who followed a 6 day and 6 night weight loss programme with full board and personalised healthy eating menus.

+ 10 % OFF

Any supplementary à la carte care treatments Pages 42 to 49.

Not including Massages & thérapeutique carte treatments and Mind and body sessions.

The THERMAL SPA PASS is included in your Care Treatment Programme and is also free for any accompanying person sharing your room. Page 41

LIST OF CARE TREATMENTS pages 42 to 49.

* Price per person per day, based on a double Deluxe Room with view over the Thermal Spa and occupied by two people; not including the current City Tax, but including the Care Treatment Programme. Please contact us for Single Room rates.

HEALTH PROGRAMMES

WE RECOMMEND
12 DAYS PROPOSED
FOR A MINIMUM STAY
6 DAYS & 6 NIGHTS

SLIMMING & ANTI-CELLULITE

Lose those extra kilos progressively and sustainably. Personalised nutrition and physical activity complements the slimming care treatments. Recorded average weight loss 1.3kg per week¹!



- 1 Medical consultation
- 2 Dietetics consultations; dietary check-up, follow-up
- 1 Dietetic conference
- 1 Trilogy of "Signature" treatments with Vichy thermal water, each day
- 1 Expert care treatment each day: body LPG® Endermologie™; Iyashi Dôme® ; Slimming massage; body Cryotherapy®; Bodysculptor®; Resculpting lipo modelling massage (60 min) at the Vichy Laboratories Institute
- Progressive and personalised physical exercise workshop (individual coaching or group sessions in the thermal water pool) and 3 group fitness sessions

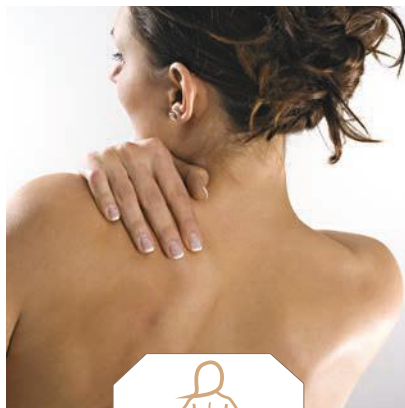
MINIMUM 6 DAYS

€ 433 PER DAY AND PER PERSON FULL BOARD WITH PERSONALISED HEALTHY EATING MENUS*

€ 282 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

BACK & JOINTS

Reduce pain and use less analgesics, due to the soothing benefits of Vichy thermal water combined with therapeutic care treatments, a pertinent and adapted diet, and postural coaching.



- 1 Medical consultation
- 1 Dietetic consultation
- 1 Dietetic conference
- 1 Trilogy of "Signature" treatments with Vichy thermal water, each day
- 1 Expert care treatment each day: Therapeutic massage; Osteopathy; Sophrology; Whole body Cryotherapy®
- 1 Postural coaching session and 2 group fitness sessions

MINIMUM 4 DAYS

€ 398 PER DAY AND PER PERSON HALF BOARD WITH PERSONALISED HEALTHY EATING MENUS*

€ 289 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

WE RECOMMEND
12 DAYS PROPOSED
FOR A MINIMUM STAY
4 DAYS & 4 NIGHTS

HEALTH PROGRAMMES

PROPOSED FOR
A MINIMUM STAY
4 DAYS & 4 NIGHTS

IN FRANCE 2.35 MILLION PEOPLE ARE AFFECTED BY DIABETES
Source: "Epidemiological survey-Enquête épidémiologique ObEpi - Roche 2009"

Did you know about this? Today the food we eat and our lifestyle create an imbalance by producing excess acidity in our organism. To remain healthy urine pH levels must remain between 6.5 and 7.5.

+ 10 % OFF

Any supplementary à la carte care treatments Pages 42 to 49.
Not including Massages & thérapeutique carte treatments and Mind and body sessions

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TYPE 2 DIABETES NEW FOR 2017

Stabilise your glycaemic index by adopting the reflexes of a healthy lifestyle: reduce sugar intake, increase physical activity and monitor your weight.



- 1 Medical consultation
- 2 Dietetics consultations; dietary check-up, follow-up
- 1 Dietetic conference
- 1 Trilogy of "Signature" treatments with Vichy thermal water, each day
- 1 Expert care treatment each day: Therapeutic lymphatic drainage massage; Ritual treatment for tired and aching legs; Well being massage; Feet softness and hydration
- 1 Individual sports coaching session, 1 group session in the thermal water pool and 2 group fitness sessions

MINIMUM 4 DAYS

€ 449 PER DAY AND PER PERSON FULL BOARD WITH PERSONALISED HEALTHY EATING MENUS*

€ 300 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

ACID-BASE BALANCE NEW FOR 2017

After an analysis, bring urine ph into balance by controlling your diet and drinking plenty of Vichy mineral water which is naturally rich in bicarbonate. The aim is to prevent metabolic disorders.



- 1 Medical consultation
- 2 Dietetics consultations; dietary check-up, follow-up
- 1 Dietetic conference
- 1 Trilogy of "Signature" treatments with Vichy thermal water, each day
- 1 Expert care treatment each day: Therapeutic massage on the digestive system; Enteroclysis; Iyashi dôme®; Body Cryotherapy®
- 1 Individual sports coaching session, 1 group session in the thermal water pool and 2 group fitness sessions

MINIMUM 4 DAYS

€ 435 PER DAY AND PER PERSON FULL BOARD WITH PERSONALISED HEALTHY EATING MENUS*

€ 284 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

PROPOSED FOR
A MINIMUM STAY
4 DAYS & 4 NIGHTS

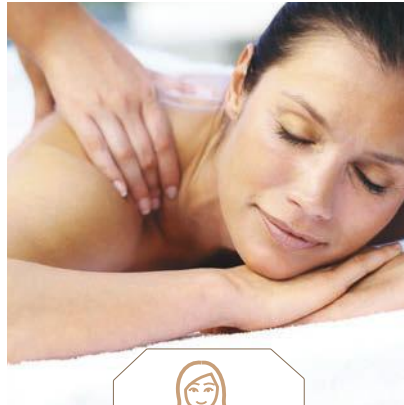
PROVEN EFFECTIVENESS

The benefits of thermal water care treatment when in complete remission after having breast cancer have been scientifically proved (Etude PacThe - Vichy-France).

The Étude PacThe study of the efficiency of 18 days of therapeutic thermal care treatment in a thermal spa for patients in complete remission, no evidence of disease (NED), after having breast cancer, had the following major conclusions; an improved quality of life even 6 months after the thermal treatment; improved sleep quality, physical activity and weight control.

AFTER BREAST CANCER

Improve morale and physical equilibrium through pertinent and adapted care treatments, to regain femininity and self confidence.



- 1 Medical consultation
- 2 Dietetics consultations; dietary check-up, follow-up
- 1 Dietetic conference
- 1 Trilogy of "Signature" treatments with Vichy thermal water, each day
- 1 Expert care treatment each day: Candle massage; Therapeutic lymphatic drainage massage; Behavioural therapy coaching & cardiac coherence; Thermal water music therapy; Yoga; Célestins purity facial
- 1 Individual sports coaching session, 3 group sessions in the thermal water pool and 3 group fitness sessions

MINIMUM 6 DAYS

YOU WILL NEED A MEDICAL CERTIFICATE FOR NON-CONTRAINDICATION FROM YOUR ONCOLOGIST

€ 414 PER DAY AND PER PERSON HALF BOARD WITH PERSONALISED HEALTHY EATING MENUS*

€ 308 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

WE RECOMMEND
12 DAYS PROPOSED
FOR A MINIMUM STAY
6 DAYS & 6 NIGHTS

MANAGING MENOPAUSE

Managing the changes to your body during this natural process; sleeping better, controlling weight and taking care of your skin.



- 1 Medical consultation
- 1 Dietetic consultation
- 1 Dietetic conference
- 1 Trilogy of "Signature" treatments with Vichy thermal water, each day
- 1 Expert care treatment each day: Skin diagnosis followed by a SkinC expert care treatment; LED + radiofrequency photomodulation facial treatment; Well being massage; Luxopuncture®
- 1 Individual sports coaching session, 1 group session in the thermal water pool and 2 group fitness sessions

MINIMUM 4 DAYS

€ 371 PER DAY AND PER PERSON WITH BREAKFAST*

€ 307 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

PROPOSED FOR
A MINIMUM STAY
4 DAYS & 4 NIGHTS

HEALTH PROGRAMMES

DID YOU KNOW?

Vichy Célestins mineral water is rich in bicarbonate which reduces muscle fatigue and cramps. Numerous sporting delegations choose our spa centre for their preparation and recuperation.

*Athletes welcomed in 2015-2016 :
Ironman Tour, Slovak Delegation for 2016
Football Euros, ...*

+ 10 % OFF

Any supplementary à la carte care treatments Pages 42 to 49.

Not including Massages & thérapeutique carte treatments and Mind and body sessions.

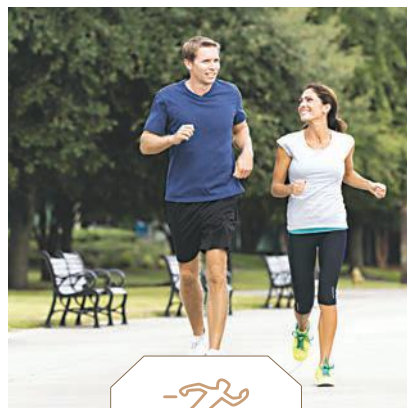
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LIST OF CARE TREATMENTS
pages 42 to 49.

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RUNNING NEW FOR 2017

You want to start running, or improve your sports performance? This programme can be adapted to meet your requirements.



- 1 Medical consultation
- 1 Dietetic consultation
- 1 Dietetic conference
- 1 Trilogy of "Signature" treatments with Vichy thermal water each day
- 1 Expert care treatment each day: Therapeutic massage; Body Cryotherapy[®] Swedish massage; Body Cryotherapy[®]
- Individual sports coaching session, every day; 2 stretching sessions, 1 Pilates session and free access to group fitness sessions, every day

MINIMUM 4 DAYS

€ 385 PER DAY AND PER PERSON WITH BREAKFAST*

€ 324 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

PROPOSED FOR
A MINIMUM STAY
4 DAYS & 4 NIGHTS

PRENATAL: between the 4th and 7th month of pregnancy

You would like to bond with your unborn child? Have a unique haptonomy experience with the added benefits of a Vichy thermal water bath, and prepare for childbirth with serenity. Relieves tension and discomfort in legs and back,...



- 1 Medical consultation
- 2 Dietetics consultations; dietary check-up, follow-up
- 1 Dietetic conference
- 1 Trilogy of "Signature" treatments with Vichy thermal water, each day
- 1 Expert care treatment each day: Prenatal massage; Osteopathy in thermal water pool; Sophrology; Preparation for birth session with a Midwife in the thermal water pool
- 1 Individual sports coaching session, 2 group sessions in the thermal water pool and 1 group fitness session

MINIMUM 4 DAYS

€ 354 PER DAY AND PER PERSON WITH BREAKFAST*

€ 290 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

PROPOSED FOR
A MINIMUM STAY
4 DAYS & 4 NIGHTS

WHAT ARE THE FACTORS
SUBJECTING THE BODY
TO POLLUTION?

Being exposed to high levels of heavy metals such as mercury, lead and aluminium etc... present in the atmosphere and in the products we eat and use every day; an unbalanced diet poor in fruit and vegetables and rich in animal protein, sugar and fat; chronic stress; tobacco ...

DETOX

Purify your organism with a short "Organic Detox" liquid food phase combined with detox care treatments and regenerative activities.



- 1 Medical consultation
- 2 Dietetics consultations; dietary check-up, follow-up
- 1 Dietetic conference
- 1 Trilogy of "Signature" treatments with Vichy thermal water, each day
- 1 Expert care treatment each day: LPG Endermologie®; Enteroclysis; Iyashi Dôme®; Body Cryotherapy®
- 1 Individual sports coaching session, 1 group session in the thermal water pool and 2 group fitness sessions

MINIMUM 4 DAYS

€ 432 PER DAY AND PER PERSON FULL BOARD WITH PERSONALISED HEALTHY EATING MENUS*

€ 280 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

WE RECOMMEND
6 DAYS PROPOSED FOR
A MINIMUM STAY
4 DAYS & 4 NIGHTS

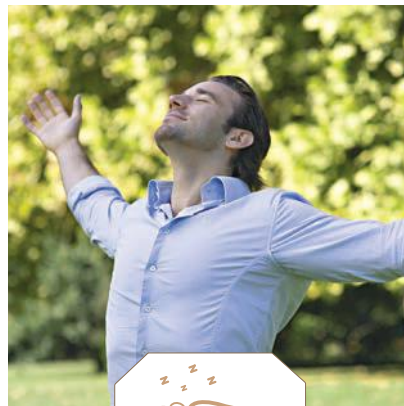
WHAT ARE THE SYMPTOMS
OF A BURNOUT, PHYSICAL OR
MENTAL COLLAPSE CAUSED
BY OVERWORK OR STRESS?

Chronic fatigue, concentration problems, mood changes, sleeping problems, weight fluctuation, ... ?

According to CEGOS, the international leader in professional and vocational training, in France 53% of salaried employees and 68% of managers feel that their job is too stressful.

STRESS & BURN-OUT

Get your life balance back! Accompanied by our behavioural therapy coach and ex-company manager, learn how to manager professional stress and pressure.



- 1 Medical consultation
- 1 Dietetic consultation
- 1 Dietetic conference
- 1 Trilogy of "Signature" treatments with Vichy thermal water each day
- 1 Expert care treatment each day: Head Spa massage ; Behavioural therapy coaching & cardiac coherence; Abhyangam massage; Sophrology
- 1 Individual sports coaching session, 1 group session in the thermal water pool and 2 group fitness sessions

MINIMUM 4 DAYS

€ 360 PER DAY AND PER PERSON WITH BREAKFAST*

€ 295 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

WE RECOMMEND
6 DAYS PROPOSED FOR
A MINIMUM STAY
4 DAYS & 4 NIGHTS



THERMAL WATER MUSIC THERAPY

Self-knowledge through
"The art of listening®"

Listen to the music as under water vibrations in the Vichy thermal water pool.

The rhythm of the music and the bass notes have an effect on postural functions, balance and motricity. The treble notes stimulate the brain, developing verbal communication.

Musical harmonies calm the mind and spirit and provide a climate of internal peace.



SOPHROLOGY

Personal development and stress management

Sophrology is a method used to get to know yourself.

Comfortably lying down, or with a sophrology walk in the parks in Vichy, let yourself be guided by the calm voice of the Sophrologist. Learn to breath calmly, relax and live in the moment.

The session can help to get rid of stress, master compulsive eating habits, and improve sleep quality.



CARDIAC COHERENCE

Preventing and managing stress

Based on neuroscience, cardiac coherence is a technique which prevents and manages stress through breathing exercises.

The Spa has Biofeedback interactive technology for Symbiofi® cardiac coherence, validated by Lille Teaching Hospital (France).

Individual sessions are run by our behavioural therapy coach.



YOGA

An ancestral practice unifying body and mind

By practising yoga, you can start to bring into equilibrium and join together all the aspects of your being; physical, energy, emotional, mental and spiritual. Which are all the elements necessary for having a full and harmonious life.

WELL BEING PROGRAMMES

PROPOSED FOR
A MINIMUM STAY
3 DAYS & 3 NIGHTS

WELL-BEING

Relax through the benefits of Vichy thermal water care treatments.



- 1 Trilogy of "Signature" treatments with Vichy thermal water each day: Hydromassage bath with Vichy Thermal water; Phyto mineral mud wrap ; Vichy shower with 2 hand massage
- 1 Group fitness session

MINIMUM 3 DAYS

€ 230 PER DAY AND PER PERSON WITH BREAKFAST*

€ 144 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

+ 10 % OFF

Any supplementary à la carte care treatments Pages 42 to 49.
Not including Massages & thérapeutique carte treatments and Mind and body sessions.

The THERMAL SPA PASS is included in your Care Treatment Programme and is also free for any accompanying person sharing your room. Page 41

LIST OF CARE TREATMENTS
pages 42 to 49.

* Price per person per day, based on a double Deluxe Room with view over the Thermal Spa and occupied by two people; not including the current City Tax, but including the Care Treatment Programme. Please contact us for Single Room rates.

WELLNESS

Take time for yourself and enjoy!



- 1 Trilogy of "Signature" treatments with Vichy thermal water each day
- 1 Expert care treatment each day: Swedish massage; Head Spa massage ; Célestins purity facial
- 2 Group fitness sessions

MINIMUM 3 DAYS

€ 308 PER DAY AND PER PERSON WITH BREAKFAST*

€ 235 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

PROPOSED FOR
A MINIMUM STAY
3 DAYS & 3 NIGHTS

WELL BEING PROGRAMMES

WE RECOMMEND
6 DAYS PROPOSED
FOR A MINIMUM STAY
4 DAYS & 4 NIGHTS

SERENITY IN MIND AND BODY

Looking for a break to help your personal development? Learn to manage emotions and optimise resources to develop your well-being.



- 1 Trilogy of "Signature" treatments with Vichy thermal water, each day
- 1 Expert care treatment each day: Abhyangam massage; Cardiac coherence; Thermal water music therapy; Face lifting deep massage
- 1 Individual sports coaching session, 1 group session in the thermal water pool and 2 group fitness sessions

MINIMUM 4 DAYS

€ 354 PER DAY AND PER PERSON WITH BREAKFAST*

€ 290 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

+ 10 % OFF

Any supplementary à la carte care treatments Pages 42 to 49.

Not including Massages & thérapeutique carte treatments and Mind and body sessions.

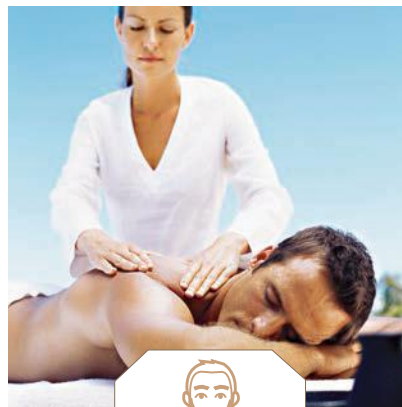
The THERMAL SPA PASS is included in your Care Treatment Programme and is also free for any accompanying person sharing your room. Page 41

LIST OF CARE TREATMENTS
pages 42 to 49.

* Price per person per day, based on a double Deluxe Room with view over the Thermal Spa and occupied by two people; not including the current City Tax, but including the Care Treatment Programme. Please contact us for Single Room rates.

WELLNESS FOR MEN

Recharge your batteries with face and body care treatments adapted to your specific needs.



- 1 Trilogy of "Signature" treatments with Vichy thermal water, each day
- 1 Expert care treatment each day: Head Spa massage; Skin diagnosis followed by a care treatment for men to recharge skin energy (60 min) at the Vichy Laboratories Institute; Therapeutic massage
- 1 Individual sports coaching session, 1 group session in the thermal water pool and 1 Group fitness session

MINIMUM 3 DAYS

€ 337 PER DAY AND PER PERSON WITH BREAKFAST*

€ 270 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

PROPOSED FOR
A MINIMUM STAY
3 DAYS & 3 NIGHTS

PROPOSED FOR
A MINIMUM STAY
3 DAYS & 3 NIGHTS

THE IMPERIAL

We propose a personalised stay, which you can adapt to your needs and desires.



THE IMPERIALISM

- 6 care treatments every day, which you can adapt to your needs and desires (pages 42 to 49)
- Free access to group fitness sessions, every day

MINIMUM 3 DAYS

€ 652 PER DAY AND PER PERSON WITH BREAKFAST*

THE IMPERIAL

- 4 care treatments every day, which you can adapt to your needs and desires (pages 42 to 49)
- Free access to group fitness sessions, every day

MINIMUM 3 DAYS

€ 457 PER DAY AND PER PERSON WITH BREAKFAST*

CAN'T COPE?

THE VICHY CÉLESTINS SPA HÔTEL IS THE FORERUNNER IN ORGANISING THIS TYPE OF CARE TREATMENT IN FRANCE SINCE 2014

51% of the managers in France consult professional data on their smartphone or tablet WHEN IN BED.

Source : Roambi et Zebaz 2013

OVERWORKED?

STRESSED ?

DIGITAL DETOX®

You must force yourself to regularly cut yourself off from the Internet for health reasons and to rediscover the simple pleasures in life. At the same time take advantage to reorganise your professional and private lives. Suggest that your team and colleagues at work do the same to boost their creativity.



- 1 Trilogy of "Signature" treatments with Vichy thermal water each day
- 1 Expert care treatment each day: Head Spa massage; Behavioural therapy coaching and cardiac coherence; Abhyangam massage
- 1 Individual sports coaching session, 1 Group session in the thermal water pool and 1 Group fitness session

MINIMUM 3 DAYS

€ 343 PER DAY AND PER PERSON WITH BREAKFAST*

€ 276 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

PROPOSED FOR
A MINIMUM STAY
3 DAYS & 3 NIGHTS



LPG® ENDERMOLOGIE

Anti-ageing facial care treatment

This facial care treatment technique reactivates the production of collagen, elastin and hyaluronic acid. Skin is firmer, pulped up and smooth, and your complexion twice as radiant.

Body slimming care treatment

100% natural. Cellular stimulation, anti-ageing and reduces the "orange peel" effect. Body contouring firmed. Circulation is increased and stored fats freed up.



LED + RADIOFREQUENCY PHOTOMODULATION + VICHY THERMAL WATER SPRAY

A unique care treatment using photorejuvenation, proposed by our dermatologist

This painless and heatless care treatment is more efficient than a glycolic acid peel. The treatment reduces inflammation, improves skin surface, complexion and texture and gives a remodelled and pulped up effect.

The Vichy thermal water is applied to the face as a simple fine spray. As it is naturally rich in oligo-elements it helps rebalance pH, reinforces the skin's protective barrier, and regenerates the cellular process. The results are optimised through the use of complementary beauty care treatments.



300 MILLION NEW CELLS

Face and body anti-ageing, anti-wrinkle and firmness protocol by Vichy Laboratories Institute

A skin diagnosis is made at the beginning of the session, in order to personalise the care treatment. Targeting and stretching wrinkles, smoothing and lifting the face, neck and shoulders, rejuvenating hands and arms: improves suppleness and firmness. Wrinkles are reduced, skin is plumped up and the body relaxed. Suitable for mature skins.



SKINC SUPREME ANTI-AGEING

Anti-ageing skin care treatment proposed in the SkinCeuticals Centre

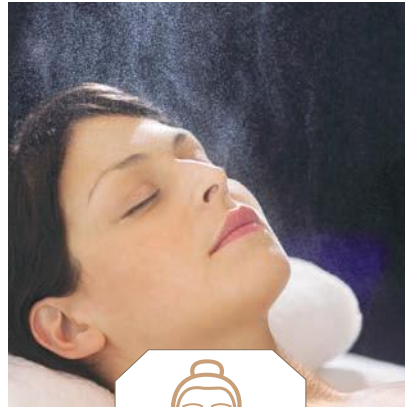
The number 1 antioxidant skincare brand proposes a skin diagnosis followed by a care treatment which firms the skin deep down and neutralises the action of free radicals (pollution, sunlight, tobacco...) helping to detox and protect the skin (anti-ageing shield). Your skin has its impurities removed and is firmer. Wrinkles are smoothed out and your complexion is radiant. Suitable for mature skins.

BEAUTY CARE PROGRAMMES

PROPOSED FOR
A MINIMUM STAY
3 DAYS & 3 NIGHTS

CÉLESTINS COMPLEXION

Get back a mineralised, radiant and glowing complexion with a skin diagnosis and an exclusive care treatment from Vichy Laboratories Institute to prevent anti-ageing.



- 1 Trilogy of "Signature" treatments with Vichy thermal water each day
- 1 Expert care treatment each day: Célestins ritual facial; LED & Radiofrequency Photomodulation; Skin diagnosis followed by a personalised facial and body care treatment (60 min) from Vichy Laboratories Institute
- 1 Group fitness session

MINIMUM 3 DAYS

€350 PER DAY AND PER PERSON WITH BREAKFAST*

€285 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

PROPOSED FOR
A MINIMUM STAY
3 DAYS & 3 NIGHTS

ANTI-AGEING

Regenerates the cellular activity of your skin with an immediate toning effect. A skin diagnosis followed by a SkinCeuticals care treatment and a photorejuvenation session.



- 1 Trilogy of "Signature" treatments with Vichy thermal water each day
- 1 Expert care treatment each day: Skin diagnosis followed by a SkinC expert care treatment; LED & Radiofrequency Photomodulation; Endermoflirt™ LPG® Premium facial
- 1 Group fitness session

MINIMUM 3 DAYS

€350 PER DAY AND PER PERSON WITH BREAKFAST*

€285 PER DAY AND PER PERSON EXCLUDING ACCOMMODATION AND MEALS

OPTION | CONSULTATION

- DERMATOLOGIST
- COSMETIC & PLASTIC SURGEON

+ 10 % OFF

Any supplementary à la carte care treatments pages 42 to 49. *Not including Massages & thérapeutique carte treatments and Mind and body sessions.*

The THERMAL SPA PASS is included in your Care Treatment Programme and is also free for any accompanying person sharing your room. Page 41

LIST OF CARE TREATMENTS
pages 42 to 49.

* Price per person per day, based on a double Deluxe Room with view over the Thermal Spa and occupied by two people; not including the current City Tax, but including the Care Treatment Programme. Please contact us for Single Room rates.



VICHY
LABORATOIRES

L'Institut

SOURCE OF STRENGTH FOR YOUR SKIN

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

Since their creation in 1931, the Laboratoires Vichy support the health and beauty of your skin, with the mineralising Vichy thermal water at the heart of their products. Born in French volcanoes, and enriched with 15 essential minerals following its millenium journey through an extraordinary variety of different rocks, this unique water strengthens the skin against daily aggressions.

At the Laboratoires Vichy Institut, close to its thermal sources, this mineralising water achieves its full potential as it is combined with Vichy products and their powerful active ingredients, inspired by nature. At the heart of skin protocols developed and validated by experts, it regenerates, rebalances and makes skin stronger.

YOUR CABIN SKIN CARE TREATMENT AND SKIN METAMORPHOSIS : WATER, MASSAGE, ACTIVE INGREDIENTS

Each ritual based on your Personalised Skin Diagnosis, takes into consideration your lifestyle and feelings and transforms your skin step by step with a visible efficacy from the first treatment. 4 cabins with a bath and bed are available. Feel the remineralising freshness of the Vichy Water sprays, the sensual pleasure of the textures with perfectly measured active ingredients. Feel your skin replumped, your face and body remodelled, by the expert hands of your dermo practitioner. A moment of pure bliss, for both your face and body, lulled by mineral music.



PERSONALISED SKINCARE TREATMENTS TO MAKE YOUR SKIN SUSTAINABLY MORE BEAUTIFUL AND STRONG

To extend the benefits of your skincare treatment, your Vichy dermo practitioner will provide you with a personalised Vichy skincare treatment programme. It will cover all of your product rituals and self-massage movements, and provide skincare advice. Our texture bar is available to allow you to try out our skincare sensorial textures and discover the natural active ingredients which inspire each skincare treatment range. Everything is organised to accompany you, even after your skincare programme has ended to enable to reconnect with your sensations and reinforce your skin every day. There is also a skincare treatment protocol just for men!

Let us help, guide you and give you advice et let you fully enjoy this regenerative break.

The Laboratoires Vichy skincare range is on sale in the Institut.



THE EXPERTISE OF PROFESSIONAL SKIN CARE TREATMENTS

THE NUMBER 1 ANTIOXIDANT SKINCARE LINE

SkinCeuticals, the Number 1 Antioxidant SkinCare Line, provides skincare on the frontier between cosmetics and pharmaceutical products. They propose targeted facial skin care combining highly efficient in-clinic treatments and sensorial experience.

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

THE SKINCEUTICAL PHILOSOPHY IS BASED ON 3 PRINCIPLES:

PREVENT the visible signs of premature ageing by using antioxidants to neutralising 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.





SHORT BREAKS & GIFT IDEAS



FOR LOVERS

Fall in love all over again

- Deluxe Room with half board, A 1/2 bottle of Champagne, for 2 people, from 1 night.
- 1 Relaxing back and leg massage in a cabin for couples.
- Thermal Spa Pass (page 41).

FROM €400 FOR THE COUPLE PER DAY



THERMALE SIGNATURE

Recharge your batteries

- Deluxe Room with half board, from 1 night.
- 1 Trilogy of "Signature" treatments with Vichy thermal water: Hydromassage bath with Vichy Thermal water ; Phyto mineral mud wrap ; Vichy shower with 2 hand massage.
- Pass Thermal Spa (page 41).

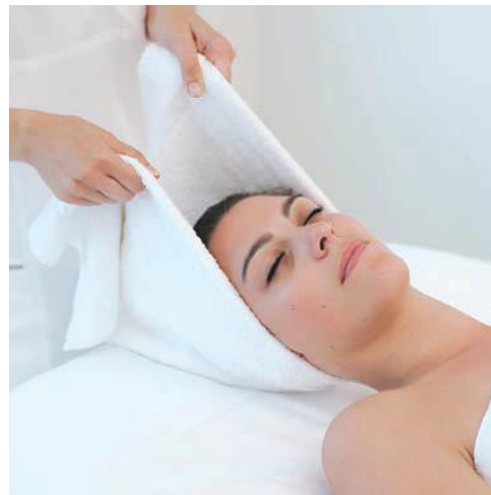
FROM €263 PER PERSON PER DAY

RELAX... ZEN

Take a break

- Deluxe Room with half board, from 1 night.
- 1 Hydromassage bath with Vichy thermal water.
- 1 Head spa massage.
- Thermal Spa Pass (page 41).

FROM €235 PER PERSON PER DAY



CÉLESTINS COMPLEXION

For a stronger skin, radiant with health

- Deluxe Room with half board, from 1 night.
- 1 Care treatment by Vichy Laboratories Institute 60 min, including a skin diagnosis.
- Thermal Spa Pass (page 41).

FROM €257 PER PERSON PER DAY

** Price 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 charged for a Single Room, or a Deluxe Room with view over the park, or for a Suite (page 36). All alcoholic drinks mentioned on this double page should be consumed in moderation.*



SHORT BREAKS & GIFT IDEAS

GOLF & SPA

Get some fresh air and unwind

- Deluxe Room with half board, 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 41)

FROM €183 PER PERSON PER DAY



A GOURMET BREAK & SPA

Treat your tastebuds

- Deluxe Room with half board. A free glass of Champagne and 2 glasses of wine, from 1 night.
- 1 Relaxing back and leg massage.
- Thermal Spa Pass (page 41) .

FROM €204 PER PERSON PER DAY



The THERMAL SPA PASS is included in your Care Treatment Programme and is also free for any accompanying person sharing your room. Page 41



ANNIVERSARY CELEBRATION FOR COUPLES

An elegant surprise

- Deluxe Room with half board. A 1/2 bottle of Champagne, for 2 people, from 1 night.
- 1 Birthday cake per stay, made by our Pastry Chef.
- 1 Wellbeing body massage 50 min, in a cabin for couples.
- Thermal Spa Pass (page 41).

FROM €490 FOR THE COUPLE PER DAY



VICHY OPERA

Ballet, opera, concerts, theatre...

- Deluxe room & Cocktail finger food at the Hotel bar, including 1 glass of Champagne or 1 glass of wine. From 1 night.
- 1 Place at Vichy Opera, performance of your choice. Reservation required, subject to availability.
- Thermal Spa Pass (page 41).

FROM €167 PER PERSON PER DAY



LIST OF CARE TREATMENTS pages 42 to 49.

SHORT BREAKS & GIFT IDEAS

FROM
1 DAY & 1 NIGHT

MASSAGE

Relax and let yourself go

- Deluxe Room with half board, from 1 night.
- 1 Massage of your choice 50 min (page 47).
- Thermal Spa Pass (page 41).

FROM €236 PER PERSON PER DAY



LAST MINUTE

Get away for a while

- Deluxe Room with half board, from 1 night.
- Thermal Spa Pass (page 41).

FROM €149 PER PERSON PER DAY

ANTI-AGEING

Protect your skin from ageing

- Deluxe Room with half board, from 1 night.
- 1 SkinC Expert care treatment 60 min, including a skin diagnosis.
- Thermal Spa Pass (page 41).

FROM €254 PER PERSON PER DAY



WALK, RUN, PEDAL

Go green

- Deluxe Room with half board, from 1 night.
- 1 Whole body Cryotherapy®.
- Thermal Spa Pass (page 41).

FROM €178 PER PERSON PER DAY

* Price does not include the current City Tax. Per person based on a double Deluxe Room with view over the Thermal 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 36). All alcoholic drinks mentioned on this double page should be consumed in moderation.

FROM
1 DAY & 1 NIGHT

SHORT BREAKS & GIFT IDEAS



VULCANIA & SPA

Explore the theme park at the foot of the Auvergne volcanoes and relax

- Deluxe Room with half board, from 1 night.
- 1 Body massage with hot volcanic stones.
- 1 Entrance ticket to the Vulcania Theme Park, subject to the park's opening hours, from 22 March 2017 to 5 November 2017 www.vulcania.com
- Thermal Spa Pass (page 41).

FROM €260 PER PERSON PER DAY



NEW FOR 2017 WEEK-END WITH PRIVATE JACUZZI®

Ideal for a moment on your own, or for two

- Deluxe Room with half board, from 1 night.
- VIP area with a private Jacuzzi® for 2 hours (up to 2 people): Sensorial shower, Hammam, Sauna, Jacuzzi®.
- Thermal Spa Pass (page 41).

WITHOUT
ACCOMMODATION

NEW FOR 2017 WELLBEING SPA DAY

Take a relaxing break

- 1 Hydromassage bath with Vichy thermal water.
- 1 Body wellbeing massage, or 1 Célestins purity facial care treatment.
- Pass Thermal Spa (page 41).
- 1 Balanced diet platter at the Hotel Bar.

FROM €159 PER PERSON



NEW FOR 2017

HALF DAY VITALITY SPA

Not on Sundays

Get your energy back and keep it!

- 1 Water sports session.
- 1 Vitality whole body massage.
- Thermal Spa Pass (page 41).

FROM €92 PER PERSON PER DAY

The THERMAL SPA PASS is included in your Care Treatment Programme and is also free for any accompanying person sharing your room. Page 41

LIST OF CARE TREATMENTS pages 42 to 49.





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, 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 VIEW OVER THE PARK OR THE SPA - 35 M²



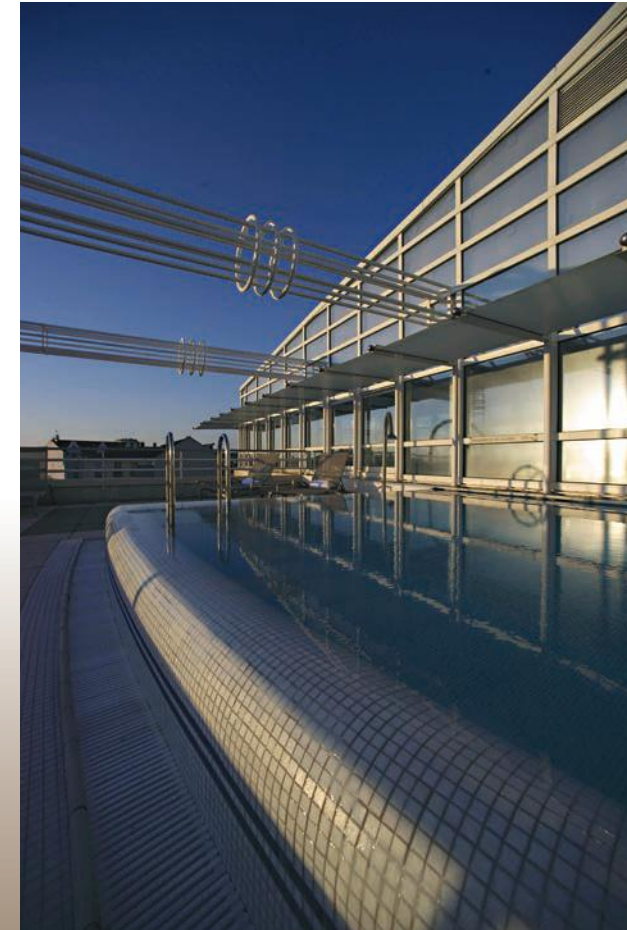
JUNIOR SUITE WITH VIEW OVER THE PARK - 55 M²



SUITE WITH VIEW OVER THE PARK - 66 M²



PRESIDENTIAL SUITE - 120 M²



HEALTH, TASTE AND PLEASURE 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. In 2014 the VICHY CÉLESTINS SPA HÔTEL was awarded the ESPA (European Spas Association) prize for **culinary innovation** for its healthy cuisine using Vichy Célestins mineral water. The recipes use 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 N³ restaurant we provide a salt mill containing Vichy thermal water mineral salts.



THE BOUTIQUE

SWIMWEAR, 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 swimwear for both Men and Women in all sizes: Maryan Mehlhorn®, Watercult®, Lidea®, Foglers®, Charmline® ...

The exclusive "Les Célestins" range of wellness products with a mildly minty Vichy Pastilles perfume, effervescent bath pebbles, scented candles and home scents, Vichy Pastilles, Vichy thermal spa water mineral salts, collector's edition glass bottles of mineral water, glasses screen printed with the name Vichy, Chef's aprons, Organic tisane herbal teas...

OPENING IN 2017 of the e-shop, accessible from the site: www.vichy-spa-hotel.com

THE HAIRDRESSING SALON

The Hairdressing Salon is open from Tuesday to Saturday from 9am to 6pm non-stop, and is on the ground floor of the Vichy Célestins Thermal Spa.

You can book your appointment now!
Tel. 00 33(0)4 70 97 01 01.



Maison LES CÉLESTINS

LE BIEN-ÊTRE À LA SOURCE



D-LAB NUTRICOSMETICS



HIGHLY CONCENTRATED NATURAL FORMULAS

Skin beauty, anti-ageing, capillary nutrition, detox and slimming: a really professional expertise centred on micronutrition and high quality natural active ingredients, including mineral salts.

On sale in the boutique.





VICHY

A PRIVILEGED HOLIDAY DESTINATION



A peaceful environment to get a change of air and relax. with 140ha of parks and gardens and a 120 ha "plan d'eau" river-lake, making Vichy a town resolutely turned towards wellness.

As you walk around the town centre, which is open 7/7, or in the Old Vichy district, you will fall under the charm of its eclectic architecture, including Art Deco, Art Nouveau, Byzantine...

The pavilion which houses the Vichy Céléstins mineral water spring is only a short distance from the VICHY CÉLESTINS SPA HÔTEL. If you want to try the spring water, don't forget to use a Curist's water glass, screen printed with the name Vichy, in its traditional small wicker basket: on sale in the Les Céléstins Boutique. 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 Céléstins Thermal Spa.

Vichy is also a town of sport, hosting both national and international competitions, as well as providing an array of sports activities to play or watch, including water sports, golf with two 18 hole courses, swimming in an Olympic-size pool, tennis, horse racing, mountain bike trails, running routes, including a 6km circular route round the "plan d'eau"...

For your leisure and entertainment, there is also a myriad of cultural and artistic things to see and do, including the Vichy Opera with its remarkable yearly programme, art galleries, museums including the African and Asian Art museum and the Opera museum, guided visits, the summer "Portraits" exhibition...



CARE TREATMENTS "À LA CARTE"

THE THERMAL SPA PASS TO RELAX

➤ Half-day €30 from Monday to Friday & €40 on Saturdays, Sundays and Public Holidays (Opening times are given on Page 50).

Gown and towel provided.

FREE WITH ANY PURCHASE OF A TREATMENT
"À LA CARTE" FOR MINIMUM €40.

- Vichy thermal water giant pool, naturally warm at around 34°C, to relax.
- Hammam & Saunas, excellent places to eliminate toxins and relax.
- Ice Fountain to stimulate blood circulation.
- Cold water bath for legs.
- Organic herbal teas and Vichy Célestins mineral water available, self service.
- Cardio-training area to awaken his body.



NEW FOR 2017 VIP AREA WITH PRIVATE JACUZZI®

Jacuzzi® provides 60 years of experience in hydromassage and wellness in this new area equipped with a sensorial shower, Turkish bath, sauna and a Jacuzzi. The whole experience is exclusively reserved for you. Ideal for a relaxing break on your own or for two. Recommended as part of the recuperation process to relax your muscles after physical exercise.

➤ 1 H €100 single or as a couple

FACIAL CARE TREATMENTS

CÉLESTINS CARE TREATMENTS

- **NEW FOR 2017 CÉLESTINS RITUAL GOLD FACIAL:** After a deep skin cleanse and a complete hydrating and relaxing care treatment, gold leaf is placed carefully on your face. Gold is recognised for its antioxidant virtues but also for its regenerative effect on the skin. This facial care treatment guarantees a more radiant skin complexion, plumped up with a guaranteed lifting effect.
➤ 90 min €290
- **CÉLESTINS RITUAL FACIAL:** This complete facial care cleans and purifies the skin. The application of collagen and hyaluronic acid make the skin more plumped up, and leaves your complexion looking radiant and glowing. ➤ 75 min €149
- **CÉLESTINS PURITY FACIAL:** After a facial cleanse, serum is applied followed by a gentle, relaxing massage of the face, neck and shoulders. The treatment continues with an oxygenating facial mask of phyto-mineral mud and Vichy Thermal water. Your skin is mineralised and complexion uniformly radiant.
➤ 50 min €114
- **CÉLESTINS RADIANCE BOOST:** Immediately allows your skin to recover its radiance and freshness. ➤ 25 min €72

NEW TECHNOLOGY ANTI-AGEING CARE TREATMENTS

- **ENDERMOLIFT™ LPG®:** This technique reactivates the production of collagen, elastin and hyaluronic acid. Your skin is firmer, plumped up, smoother and your complexion is twice as radiant. ➤ Endermolift Premium 35 min €90 ➤ Endermolift Glow 20 min €60 ➤ Endermolift Zone 15 min €45
- **LED + RADIOFREQUENCY PHOTOMODULATION + VICHY THERMAL WATER:** Favours microcirculation and stimulates the production of collagen. Painless and non-invasive, the treatment visibly leaves your skin looking younger. ➤ 25 min Session €134 ➤ For 3 sessions €376
- **LED PHOTOMODULATION + VICHY THERMAL WATER:** Painless and soothing, this light treatment reduces inflammation, improves skin surface, complexion and texture. It also has a healing effect. ➤ 10 min €42 ➤ 25 min €88 ➤ For three 25 min sessions €242



"SIGNATURE" TREATMENTS USING VICHY THERMAL WATER

- **NEW FOR 2017 CÉLESTINS RITUAL THERMAL:** Discover the ritual of our 3 "Signature" care treatments in our new thermal suite. Hydromassage bath with Vichy Thermal water; followed by a phyto-mineral mud wrap and a Vichy Thermal water shower with a 2 or 4 hand massage. Unique in the world: for deep sensorial relaxation.
➤ 90 min €185 with a 2 hand massage or €237 with a 4 hand massage
- **TRILOGY OF "SIGNATURE" TREATMENTS:** Hydromassage bath with Vichy thermal water + A phyto-mineral Mud Wrap + Vichy Thermal water shower with a 2 hand massage. ➤ €144 or a Vichy Thermal water shower and a 4 hand massage "the Original since 1896". ➤ €195
- **VICHY THERMAL WATER SHOWER AND A 4 HAND MASSAGE "THE ORIGINAL SINCE 1896".** Emblematic Vichy treatment carried out by two Spa Practitioners. This exceptional massage is perfectly synchronised under a thermal water shower rich in minerals. An exceptional experience guaranteed. You must try it at least once! ➤ 25 min €123
- **VICHY THERMAL WATER SHOWER AND A 2 HAND MASSAGE:** This remineralising body massage under a Thermal water shower guarantees perfect deep relaxation. ➤ 25 min €68 (suitable for pregnant women between 4 and 7 months)
- **EXFOLIATING BODY SCRUB USING VICHY WATER MINERAL SALTS AND A VICHY THERMAL WATER SHOWER WITH 2 HAND MASSAGE:** Your skin is exfoliated and mineralised by the Vichy water mineral salts which we extract from the thermal spa waters. ➤ 25 min €68
- **PHYTO-MINERAL MUD WRAP:** Our mud is made from the volcanic soil in the Auvergne and our thermal spa water, and is applied over the whole body. Lying on a heated water bed, this mineralising wrap relaxes your muscles and provides an antalgic and anti-rheumatic effect. ➤ 25 min €68
- **WATERMASS® WITH VICHY THERMAL WATER:** Associating the ancient benefits of thermal spa water and chromotherapy, this massage improves body tone and firmness. Helps lose weight, reduces dimpling of the skin and is relaxing. ➤ 25 min €68
- **HYDROMASSAGE BATH WITH VICHY THERMAL WATER:** The hydromassage jets, essential oils and chromotherapy provide deep muscular relaxation. ➤ 15 min €45
- **TONIC OR LIPO-DRAINING JET SHOWER:** This jet shower of thermal water follows precise movements over the body to improve muscular tone. Depending on the water pressure, the shower focuses on relaxation, circulation and drainage. ➤ 15 min €41 (suitable for pregnant women between 4 and 7 months)
- **SCAPULA|SHOULDER BLADE-HUMERUS|UPPER ARM JET SHOWER:** A massaging shower; relaxing muscles and improving shoulder joint mobility. This care treatment is recommended as part of the healing process after breast cancer. ➤ 15 min €41
- **FOOT BATH:** une alternance de jets d'eaux froides et chaudes améliorent votre circulation des jambes. ➤ 15 min €36
- **RITUAL TREATMENT FOR TIRED AND ACHING LEGS:** A foot bath; followed by mechanical pressotherapy for lymphatic drainage, then a cryo wrap. The stimulating and firming effect makes your legs feel lighter and improves vein circulation. ➤ 50 min €114
- **ENTEROCLYSIS:** Hydrotherapy of the small bowel with Vichy Thermal water, improves intestinal comfort. ➤ 50 min €77



DERMO COSMETIC SKINCARE VICHY LABORATORIES INSTITUTE

- 105 MIN €237 FREE SKIN DIAGNOSIS WITH FIRST SKINCARE TREATMENT
Depending on your skin type and living conditions, we determine an adapted skincare treatment protocol with recommended skincare products, self massage movements and skin health advice.
- 60 MIN €137
- 30 MIN €83

SOOTHING IMMERSION A protocol to hydrate soft sensitive skin.

A delicate, deeply soothing and hydrating skincare treatment leaving your skin supple, plumper and stronger.

REGENERATING RADIANCE An anti-ageing, smoothing and glowing protocol.

Removal of dead cells, stimulation of micro-circulation and toning, smoothing and remodelling of skin. The skin quality is transformed, leaving it radiant and glowing with a refined texture..

300 MILLION NEW CELLS An anti-ageing, anti-wrinkle and firmness protocol.

Targeting and stretching wrinkles, smoothing and lifting the face, neck and shoulders, rejuvenating hands and arms improving skin suppleness and firmness. Wrinkles are reduced, skin is replumped and the body is revived.

PURIFIED SKIN TEXTURE A purifying anti-blemish protocol.

A skincare treatment which cleanses, purifies and detoxifies by using stimulating hot/cold effects. Pores are tightened, skin renewed and complexion smoothed and lightened.

IDEAL BODY A total body protocol which transforms skin quality.

A personalised skincare treatment which combines relaxation, deep hydration and lipid cell structure balance. With your Vichy dermo practitioner, choose your massage technique: firming and smoothing, nourishing nutrition or slimming shorty. Skin is left radiant and your body is transformed and restored to its full vitality.

RESCULPTING LIPOMODELING A protocol for a total silhouette slimming.

A slimming skincare treatment which rebalances the whole body with de-filtering drainage, resculpting modelling, defibrosing kneading-rolling massages. Your silhouette is reshaped and volumes rebalanced, you feel as light as a feather.

RECHARGING SKIN ENERGY A protocol especially for Men.

A skincare treatment specifically for Men, which purifies, and recharges energy; even for skin with a 3 day old beard. Relaxing, stretching, and deep resculpting massage. Your skin is revitalised and your body relaxed and recharged with new energy.

STRENGTH AND RADIANCE NEW FOR 2017 A mineralising protocol.

Hydrating, rebalancing and regenerating skincare treatment. For stronger skin to cope with environmental aggressions. A fresh and bright complexion, radiant with health.



SKINCEUTICALS DERMO-PROFESSIONAL CARE TREATMENTS

90 MIN €185

60 MIN €134

SKINSCOPE SKIN DIAGNOSIS FREE WITH FIRST TREATMENT

The skincare professional determines with you the treatment best adapted to your skin.

30 MIN €82

SKINC SUPREME ANTI-AGEING

Smooths out wrinkles deep down, firms the skin and boosts radiance. Skin is smooth and deep wrinkles reduced. Leaves your skin more dense and firm. Suitable for mature skins.

SKINC EXPERT ANTI-AGEING WITH VITAMIN C

Anti-wrinkle. Firms the skin, combining efficient anti-ageing and relaxing care treatments. Boosts radiance, deals with wrinkles, blemishes, and sagging skin. Also acts as a peel and provides the necessary hydration to rebalance the skin. Suitable for all skin types.

SKINC EXPERT GLYCOLIC ACID PEEL (SEPT TO MAY)

Renews skin and radiance. Combining the effects of a peel and relaxing care treatments. New skin effect guaranteed. Suitable for all skin types.

SKINC EXPERT RENEWED RADIANCE PIGMENT CORRECTION

Improves skin evenness and enhances luminosity for renewed radiance. Combines efficient blemish reduction and pigment correction with a relaxing care treatment. Suitable for tired and stressed skin which lacks luminosity, or with uneven looking skin tone, skin discolouration and dark spots.

SKINC EXPERT HYALURONIC ACID HYDRATION

Moisture enhancing. Combining products with a high concentration of hyaluronic acid, naturally present in the body. A gentle massage relaxes muscles and improves blood circulation: nourishes, hydrates, relaxes and stimulates the skin. Suitable for dehydrated skin.

SKINC EXPERT PURIFYING DETOX

Anti-pollution. Purifies, soothes and immediately rebalances problem skin. Combines lymphatic drainage with specific techniques; gentle pumping, drainage roller. Uses the following products Serum 10, Blemish + Age Defense Serum, and Phyto Corrective Serum. Suitable for oily or blemished skins.

SKINC EXPERT PHYTO CORRECTIVE

Corrective. Combines naturally derived ingredients from thyme, cucumber and olive, with dipeptides and products with a high concentration of hyaluronic acid. Helps diminish the appearance of brown spots. Soothes and calms irritated skin. Suitable for sensitive skins.

SKINC RESTORES SMOOTHNESS TO EYES & LIPS

Anti-ageing. Smooths wrinkles around the eyes and lips.



BODY CARE

CÉLESTINS CARE TREATMENTS

CÉLESTINS BODY SCRUB: Vichy mineral salts enrobed with fruit and flower essential oils for a gentle and natural body scrub. Your skin is glowing and silky soft. ➤ 25 min €68

CÉLESTINS RITUALS

- **CÉLESTINS RITUALS:** A nutritional wrap and a relaxing and soothing wellness massage. Skin is nourished and full of essential elements. Delivers comfort and suppleness to your skin. ➤ 50 min €114 *(suitable to be accompanied by the Célestins body rub)*
- **CÉLESTINS RITUAL FOR MEN:** Vichy mineral salts body rub on the back, followed by a Vichy water and phyto-mineral mud wrap. Skin is left clean and soft. Followed by a relaxing massage. ➤ 50 min €114
- **CÉLESTINS RITUAL SLIMMING:** Slimming palpate and roll massage. Directly reducing the "orange peel" skin effect. Followed by a cryo wrap which stimulates cellular metabolism. Delivers firmness and suppleness to your skin. ➤ 50 min €114

HI-TECH CARE TREATMENTS

- **NEW FOR 2017 CRYOTHERAPY:** Whole body cryotherapy significantly improves blood circulation and sleep problems, anxiety, excess weight, asthma, etc. It also relieves rheumatic pain, acting as an anti-inflammatory. Used widely in sports for preparation, recuperation and traumatology. Cryotherapy involves exposing the body to temperatures between -130 and -160° C for 1 to 3 minutes maximum. You will need a medical certificate for non-contraindication from your Doctor.
➤ Session with Pass Thermal Spa €50 ➤ 10 sessions €450
- **BOL D'AIR JACQUIER®:** Natural oxygenation of cells by inhalation session of pine resin active ingredients. Facilitates muscle recovery, relieves stress and improves concentration and sleep. ➤ session €8 ➤ 10 sessions €70
- **LPG ENDERMOLOGIE®:** 100% natural. Cellular stimulation, anti-ageing and fat reduction. Body contouring firmed. Circulation is increased and stored fats freed up.
➤ 1st session with check-up and body stocking 45 min €97 ➤ Global session 40 min €79 ➤ Leg lymphatic drainage 25 min €65 ➤ Targeted Zones 20 min €37
- **BODYSULPTOR®:** Slimming and wellness pressotherapy. Treats adipose fat storing areas with pulsed electromagnetic field therapy. Painless technique. Your silhouette is redrawn and skin is firmer. ➤ 45 min €93
- **IYASHI DÔME®:** This equipment uses long wavelength infrared rays to purify the organism and sweat out toxins. The gentle and progressive heat (45 to 55°C) induces a feeling of wellness, improves sleep and helps recuperation after physical exercise. Skin quality is improved. ➤ 35 min €80
- **SLIMMING BODY WRAP:** The wrap bands are full of active slimming agents. Favours detoxification and drainage. Ensures relaxation and improved energy levels. ➤ 25 min €68
- **LUXOPUNTURE®:** Stimulates the body's acupuncture points with special infrared light. The technique rebalances hormonal functions and delivers relaxation, serenity and calm. Suitable for weight loss, stopping smoking, menopause and anti-stress. ➤ 25 min €68



CARE TREATMENTS FOR HANDS AND FEET

- **HANDS OR FEET, SOFTNESS AND HYDRATION:** Intensely nourished by a coating of paraffin wax, the hands, or feet, then have a skin scrub followed by a massage. Delivers natural levels of comfort. ➤ 50 min €114
- **EXPRESS MANICURE OR TREATMENT FOR FEET:** For perfect finger nails and toe nails (application of nail varnish not included). ➤ 25 min Session €68 ➤ Application of nail varnish 15 min €29
- **UPPER LIP HAIR REMOVAL AND EYEBROW SHAPING** ➤ 10 min €18 • **UNDERARM HAIR REMOVAL** ➤ 30 min €38
- **LOWER LEG AND BIKINI LINE HAIR REMOVAL** ➤ 30 min €38 • **FULL LEG AND BRAZILIAN BIKINI LINE HAIR REMOVAL** ➤ 40 min €49



FACIAL AND BODY MASSAGES

WELLNESS MASSAGES

- BODY**
- **WELLNESS MESSAGE** : Long and slow movements. Light and superficial flat hand movements, then with more pressure. This massage eliminates stress and delivers deep relaxation. ➤ 50 min €114
 - **ABHYANGAM MESSAGE** : Inspired by Indian Ayurvedic techniques, this massage, using Organic sesame oil, releases tension and increases energy levels. Delivers physical, mental and energy benefits. ➤ 50 min €114
 - **HOT STONE MESSAGE:** Using hot volcanic stones, this massage is restful, reduces tension and delivers deep muscular and nervous relaxation. ➤ 50 min €114
 - **CANDLE MESSAGE** : The massage candle melts into a precious massage oil, helping all the senses to relax. ➤ 50 min €114
 - **NEW FOR 2017 SWEDISH MESSAGE:** This deep massage undoes muscle knots and reduces tension. Tones and revitalises. ➤ 50 min €114
 - **PRENATAL MESSAGE (BETWEEN THE 4TH AND 7TH MONTH OF PREGNANCY):** This massage is gentle, enveloping and fortifying. Improves circulation, relaxes muscles and relieves tension and discomfort in legs and back. ➤ 50 min €114
 - **SERENITY HANDS OR FEET MESSAGE:** Inspired by reflexology techniques, this massage focuses on applying pressure to certain meridian zones on the body to stimulate acupressure points. Releases vital energy and reduces tension. ➤ 50 min €114
 - **RELAXING BACK AND LEG MESSAGE** : Alternating from a light superficial massage to more pressure. Reduces nervous and muscular tension in the back and legs. ➤ 25 min €68
 - **VITALITY MESSAGE** : Revitalises muscles with a kneading and deep pressure massage. Relieves tension and promotes relaxation. ➤ 25 min €68
 - **SLIMMING BODY MESSAGE:** This manual palpate & roll massage combines draining and anti-cellulite actions to reduce the "orange peel" skin effect. ➤ 25 min €68
- FACIAL**
- **NEW FOR 2017 FACE LIFTING MESSAGE:** Kobido style natural deep manual face lifting. Uses acupuncture and drainage points. Immediately delivers skin tone and glow. ➤ Glow facial lift 25 min €68 ➤ Deep facial lift 50 min €114
 - **HEAD SPA MESSAGE:** Relaxes the head and neck. The trapezius muscles are stretched to completely relax the body. ➤ 25 min €68

You can have this treatment in a cabin for couples

DIETETIC CONSULTATIONS

- **DIETETIC CONSULTATION WITH COMPLETE CHECK-UP:** Analysis of eating habits; body measurements including height, weight and arm circumference; bio-electrical impedance analysis (BIA) for body fat; and activity levels. ➤ 60 MIN €80
- **FOLLOW UP DIETETIC CONSULTATION:** Check-up at the end of your stay, including body measurements and delivery of your personal file with the codes to follow your progress for 6 months on the Internet at Vichydiet.fr ➤ 30 MIN €45
- **NEW FOR 2017 NATUROPATHY AND PHYTOLOGY CONSULTATION :** To become the actor of one's health on using natural products and personalised advices. For information on rates please contact our partner.

MASSAGES & THERAPEUTIQUE CARE TREATMENTS

- **PHYSIOTHERAPY:** Therapeutic massage or lymphatic drainage ➤ 30 MIN €80 ➤ 50 MIN €125
- **OSTEOPATHY:** Manual therapy in therapy room ➤ 50 MIN €125 Or in Vichy thermal spa water. ➤ 45 MIN €125
- **MIDWIFE:** Preparing for birth, in a pool of Vichy thermal water ➤ 30 MIN €90
- **ETIOPATHY:** Manual therapy. ➤ For information on rates please contact our partner

MIND AND BODY SESSIONS

- **NEW FOR 2017 PERSONALISED POSTURE COACHING:** Bearing and breathing exercises to improve posture and strengthen back muscles to feel better in your body every day. ➤ 60 MIN €77
- **PERSONALISED SPORTS COACHING:** Physical activity adapted to each person, with the objective of improving muscle tone, reinforcing the spinal column, improving joint mobility and to oxygenate the blood. Wake your body up to find new energy. ➤ 60 MIN €77
- **THERMAL WATER MUSIC THERAPY:** Music under water opens the door to self knowledge "The art of listening®", and at the same time develops your creativity. The session is guided by a practitioner. ➤ 45 MIN €140 ➤ 90 MIN €210 ➤ Perinatal conduction of sound through bones 60 MIN €180
- **PSYCHO-BEHAVIOURAL THERAPY:** Self knowledge, personal development and full awareness. Managing stress and emotions through cardiac coherence, using Symbiofi® technology validated by Lille Teaching Hospital. ➤ 60 MIN €100
- **SOPHROLOGY:** Relaxation techniques to bring both body and mind into harmony. Indoor session or, sophrology walk in the parks in Vichy. ➤ 60 MIN €90
- **YOGA:** Learn to control your breathing, increase suppleness, and achieve deep relaxation. ➤ 60 MIN €90



PHYSICAL ACTIVITIES

CLASSES IN THE CELEST FITNESS ROOM FOR 1 TO 15 PEOPLE

› 45 MIN SESSION €35 › EXCEPT POWER PLATE 30 MIN €30

- **BODYSULPT:** Sculpt the whole body by general muscle improvement.
- **STRETCHING:** Stretching, and rebalancing muscular tensions, to deliver and maintain body suppleness.
- **EXERCISE BIKE:** Tones buttocks and thighs. Stimulates cardiac rhythm to improve endurance.
- **BODYTOP:** Sculpts the top half of your body. Reinforcing targeted muscles.
- **TAB:** Strengthening exercises for thighs, abs and buttocks
- **FIT BALL:** Remodelling your figure by working on deep muscles. Using the proprioception technique with a large ball.
- **FIT CARDIO:** Improves respiratory capacity through different recreational activities.
- **CIRCUIT TRAINING:** Developing body muscle through a circuit of different activities.
- **GENTLE GYM:** Gently stretch and tone muscles to reinforce joints.
- **PILATES:** Redraw your silhouette by improving strength, respiration, suppleness and working on deep muscles.
- **POWER PLATE®:** Tones and sculpts the whole body. Reduces the skin's "orange peel effect".
- **QUICK ABDOS:** An intense abs workout to reinforce and improve back mobility.

CLASSES IN THE THERMAL WATER POOL, FOR 1 TO 9 PEOPLE

› 45 MIN SESSION €35 › EXCEPT FOR HYDROMASSAGE 30 MIN €20

- **EXERCISE BIKE:** On a submerged bike. Tones buttocks and thighs. Reduces the skin's «orange peel effect» and stimulates cardiac rhythm.
- **CIRCUIT:** Develops body muscle with different activities.
- **FITNESS:** Firms, tones and relaxes the whole body.
- **STEP:** Tone thighs and buttocks to music using a submerged step.
- **TAB:** Strengthen and firms thighs, abs and buttocks.
- **HYDROMASSAGE:** Relaxing massage and drainage by the use of underwater jets.



USEFUL INFORMATION

BOOK YOUR STAY www.vichy-spa-hotel.com

Our coordinates

Telephone: Monday to Friday: +33 (0)4.70.30.82.82
Fax +33 (0)470308299
info@compagniedevichy.com

VICHY CÉLESTINS SPA HÔTEL

111, boulevard des États-Unis - 03200 VICHY - FRANCE

Téléphone: Hotel Reception, 24/7: + 33(0)4.70.30.82.00

General Sales Terms and Conditions:

www.vichy-spa-hotel.fr/en/general-conditions-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/nights or more) and a complete sports outfit for the indoor sports areas.

Opening and closing hours

The Vichy Célestins Thermal Spa is open from Monday to Saturday from 9am to 8pm, and on Sunday from 9am to 1pm.

Annual Closing Period:

Vichy Célestins Thermal Spa from 23 January 2017 to 3 February 2017 inclusive.

Vichy Célestins Hôtel from 23 January 2017 to 2 February 2017 inclusive.

Access for disabled people

Our list of care treatments is available upon simple demand.

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 Centre. Failing this, you are required to give us the signed declaration confirming the absence of any medical contraindications when making your booking for care treatments. The doctor's certificate will not be necessary if you have booked a consultation with our Thermal Spa Doctor.

Access to the Vichy Célestins Thermal Spa centre

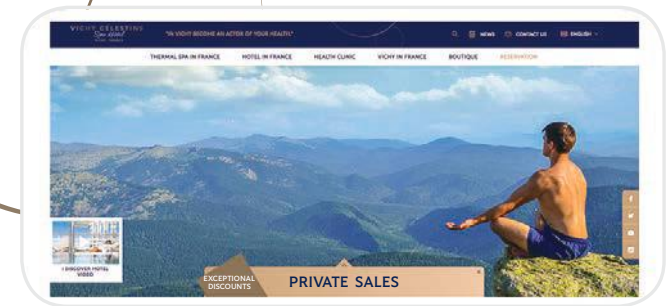
For the wellbeing of everyone, kindly switch off your mobile phone. Please come wearing your swimsuit with bath robe, non-slip sandals and full sports kit (outdoor clothing is not allowed). Please shower before entering the treatment or relaxation areas. Out of respect for the modesty and privacy of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

Children

Children under 16 may not use the Thermal Spa Pass (Turkish baths, saunas, giant thermal water pool, cardio-fitness area). For children aged 12 to 16 years old, care 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 care treatment. No compensation is given for late arrival for care treatments. You are requested to arrive 15 minutes before the scheduled time of your care treatment. To ensure you



have a full choice of care treatments, we recommend you reserve in advance. **Your reservation is considered as a contractual obligation. Care 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 (France) 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 Centre, our restaurants 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. A supplement is payable.

Internet access

Free WiFi within the Hotel complex.

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OUR SIX FRENCH AND INTERNATIONAL DESTINATIONS

VICHY CÉLESTINS
Spa Hotel

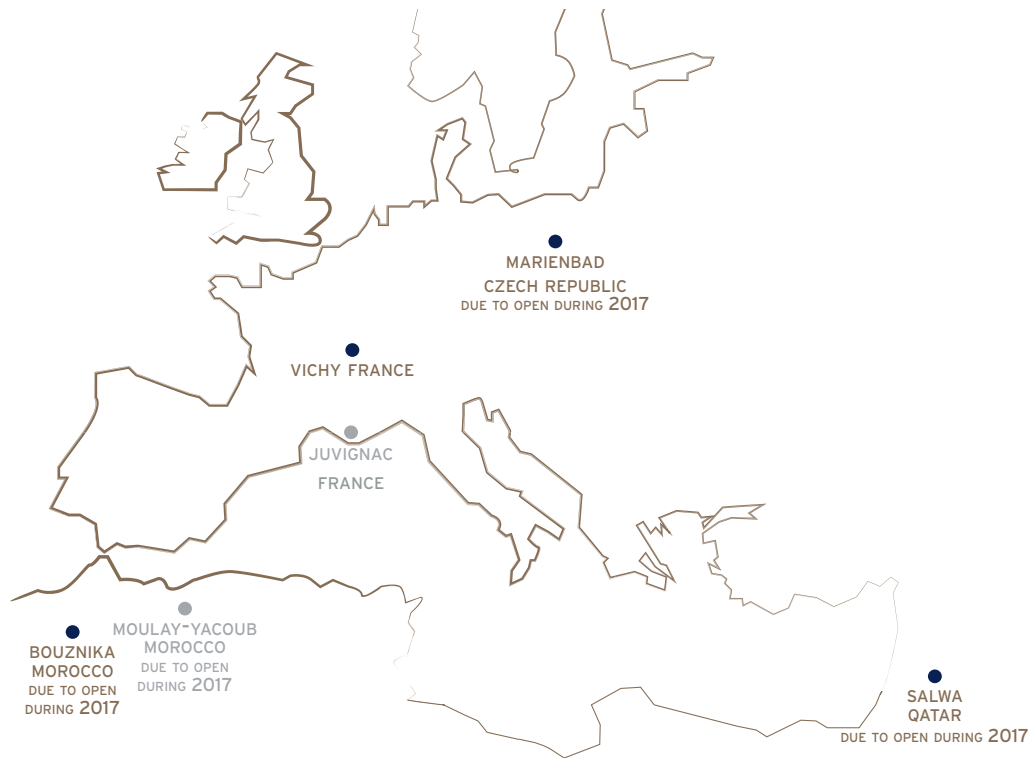
5 STARS

VICHY - France | SALWA - QATAR | MARIENBAD - CZECH REPUBLIC
BOUZNIKA - MOROCCO

VICHY THERMALIA
Spa Hotel

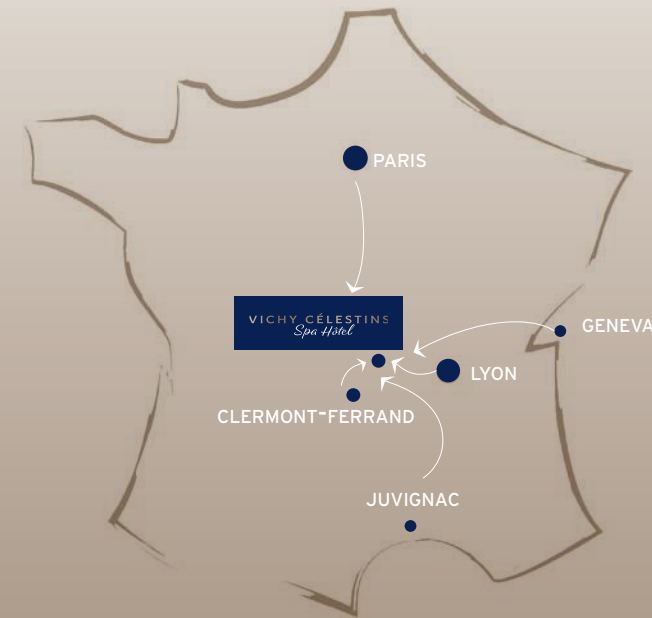
4 STARS

JUVIGNAC - FRANCE | MOULAY-YACOUB - MOROCCO



Discover all our destinations:
www.vichy-celestins-spa-hotel.com

HOW TO GET TO VICHY (FRANCE)?



FROM PARIS

- CHARLES DE GAULLE OR ORLY AIRPORTS
- BERCY RAILWAY STATION 3H
- VIA A10 AND A71 4H

FROM LYON

- LYON SAINT-EXUPÉRY AIRPORTS
- LYON PERRACHE OR PART DIEU RAILWAY STATION 2H
- VIA A89 2H30

FROM CLERMONT-FERRAND

- CLERMONT-FERRAND AULNAT AIRPORTS
- CLERMONT-FERRAND RAILWAY STATION 30 MIN
- VIA A71 AND A719 55 MIN

FROM GENEVA

- GENÈVE AIRPORTS
- GENEVA RAILWAY STATION 4H AND 5H30
- VIA A40 OR A89 3H30

FROM JUVIGNAC

- VIA A75 3H45

DISCOVER TWO OTHER ESTABLISMENTS MANAGED BY THE COMPAGNIE DE VICHY
TO TAKE CARE OF YOUR HEALTH:

www.vichy-thermes-domes-hotel.fr

www.vichy-thermes-callou-hotel.fr

PARTNER OF



VICHY CÉLESTINS SPA HÔTEL

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info@compagniedevichy.com

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Accommodation + 33(0)4 70 30 82 82



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