

By unit

25€ Class per unit

The packages which give access to all classes

23,80€ Pack of 5 classes or **119€** - valid for 3 months

21.90€ Pack of 10 classes or **219€** - valid for 6 months

19.95 € Pack of 20 classes or **399€** - valid for 1 year

Memberships that give access to **FLOW AND BOOST studio classes** and certain advantages

Unit prices

13.53€ **1 year membership** which gives access to 3 classes per week, €1908 or € **159/month** including

- 6 invitations to bring someone with you
- Bath towels at your disposal
- Possibility to additional class: 13€
- Possibility of monthly direct debit
- Member of **CLUB LA PARENTHÈSE** giving access each season to VIP events reserved exclusively for our subscribers

17€ **6 month membership** which gives access to 3 lessons per week, 1200€ or **200€/month**, incl:

- 3 invitations to share with your loved ones
- Bath towels at your disposal
- Possibility of additional class: 17€
- Possibility of monthly direct debit
- Member of **CLUB LA PARENTHÈSE** giving access to reserved VIP events each season exclusively to our subscribers

INFRASLIM bike: lose up to 1300 calories per session, detoxify and drain the body

45€ 40 min session

40€ Pack of 10 sessions or 40€ per session for a total value of 400€ – valid for 1 year.

Naturopathy consultation with Kelly Plaquet

80€ 1st. Naturopathy consultation lasting from 1H30 to 2H – follow-up consultation: 55€

60€ 1st consultation of BACH FLOWER – follow-up consultation: €35

50€ Plantar reflexology lasting 1H / 1H15 – follow-up session: 40€ lasting 45 mins to 1H

“Reiki” Energizing Treatment: €70 with Méli – Duration: 1 hour

Osteopathy consultation with Enzo Sarzotti : €60

Consultation with Aaron, our Medium: 80€ per hour

American Teeth Whitening: 80€ One Session / 140€ for 2 sessions for 2 whitenings per year

Eyelash Extensions by Marie Lou

99€ 1st complete set of 180 lashes on each eye Russian Volume – Duration 2H

75€ Eyelash extension with application of approximately 100 to 120 eyelashes on each eye – Duration 2H

50€ REFILL PACKAGE – Duration 1 hour (max 3 weeks after installation; if beyond: €65)

Body massage

45€ Back Massage – Duration : : 30 mins

80€ Dynamic Swedish massage which aims to dissolve tension and strengthen muscles and joints for a invigorating and relaxing effect

95€ Ayurvedic massage with hot oils to relieve tension. Duration: 1 hour

120€ Ayurvedic massage with hot oils to relieve tension. Duration: 1H30

120€ Tibetan Himalayan treatment to empty the body of “used” energies via bags of Himalayan salts to drain and exfoliate during the massage + pressure points & sound therapy to revitalize the body and mind

Targeted Body Care

80€ **Palper Roll & Drain Slimming Treatment** – Duration 1H

150€ **Renata Drainage** / pack of 5 sessions: €130 per session

70€ **Exfoliation and body peeling** to reduce spots & imperfections ending with a light massage – Duration 1H

LPG & Body Care by Myriam (Desired Beauty Assessment and creation of tailor-made quotes = Free

50€ LPG Cellu M6 duration 30 mins – package 10 sessions: 400€

65 LPG Cellu M6 duration 30 mins + 20 mins Pressotherapy – package 10 sessions: 550€

80 LPG Cellu M6 duration 30 mins + 20 mins Radiofrequency – 6 session package: 480€

65 LPG Cellu M6 duration 20 mins + 20 mins Radiofrequency – 6 session package: 400€

Pressotherapy by Myriam

35€ **Pressotherapy** – duration 30 mins – package 10 sessions: 250€

Radiofrequency body by Myriam to boost the relaxation of the body

40€ for 20 mins – 6 session flat rate: €220

60€ for 30 mins – 6 session flat rate: €315 /

75€ for 40 mins – 6 session flat rate: €400

Expert and Hi Tech Skincare by Myriam

30€ **Face or body LED Luminotherapy session** to reduce the effects of skin aging, reduce scars, stretch marks but also redness – Duration: 20 mins

40€ **Hydra Peel (Hydrafacial)** – 20 mins

45€ **Micro needling** is a skin revitalization technique BY MICRO-NEEDLING which improves the texture and radiance of the skin, reduces stains, acne marks, scars, tightens dilated pores

50€ **Peeling with targeted fruit acids** – Duration 30 mins

50€ **Endermolift** LPG mechanically reproduces the gesture of Jacquet pinching to firm the face -30mn

60€ **Radiofrequency** which exerts a tensor effect to firm up the oval of the face – Duration: 30 mins

100€ **Micro needling + light therapy** - Duration 45 mins

150€ **Anti-Aging Expert Treatment:** hydra peel + peeling + micro needling + light therapy - Duration 1H15

80€ **Traditional Di Nina treatment** (natural, wild and sensory Corsican cosmetics) – Duration 1h15

Manual facial treatments by Meli

70€ **ACULIFT treatment**, lifting by acupuncture, an anti-aging and anti-wrinkle treatment with single-use gold-plated needles - Package 5 sessions: 320€

75€ **“KOBIDO style”** anti -aging facial muscle massage

80€ **Facial care Signature** for a natural face, neck and neckline lift combining Gua Sha, suction cups, acupressure with the Jade stones – Duration 1H