

• **STUDIO CLASSES** access to all studio classes (Pilates Reformer classes not included)

25€	Single Studio Class
42€	Single Studio Class + 1 velo infrared infraslim (one time purchase)
45€	1 Studio Class + 1 Pilates Reformer Class (one-time purchase, valid for 2 months) SUMMER OFFER 🌞
49€	Pack of 3 Studio Classes (one-time purchase, valid for 2 months) SUMMER OFFER 🌞
119€	Pack of 5 Classes (€23.80/class), valid for 3 months
219€	Pack of 10 Classes (€21.90/class), valid for 6 months
399€	Pack of 20 Classes (€19.95/class), valid for 1 year

STUDIO CLASS MEMBERSHIPS (Yoga, Barre, TRX...)

13,5€	1-year membership giving access to 3 classes per week, for a total of €1908 or 159€/month , including: - Option to add extra sessions: 13€
17€	6-month membership giving access to 3 classes per week, for a total of €1200 or 200€/month , including: - Option to add extra sessions: 17€

• **PILATES TOWER REFORMER-50-minute sessions**

30€	Introductory Session (one-time only)
75€	Discovery Pack of 3 Sessions (new clients only)
42€	single session Pilates Reformer + 1 velo infrared Infraslim
35€	Single Session

Pilates Reformer Packs

170€	Pack of 5 Sessions (€34/session), valid for 6 months
320€	Pack of 10 Sessions (€32/session) + 1 complimentary Studio Class, valid for 9 months
600€	Pack of 20 Sessions (€30/session) + 2 complimentary Studio Classes, shareable between 2 people, payable in 2 instalments, valid for 1 year

Pilates Reformer Memberships

120€/month	1 Reformer Class per week (30€/session) for 4 classes/month, 3-month minimum commitment
216€/month	2 Reformer Classes per week (27€/session) for 8 classes/month, 6-month commitment
300€/month	3 Reformer Classes per week (25€/session) for 12 classes/month, 6-month commitment

• **PILATES REFORMER & STUDIO CLASS COMBINED MEMBERSHIPS**

1-year membership

- **205€/month** 1 Pilates Reformer session/week (€25 each) + 2 Studio Classes/week (€13.50 each)
- **249€/month** 2 Pilates Reformer sessions/week (€25 each) + 1 Studio Class/week (€13.50 each)

6-month membership

- **€226/month** 1 Pilates Reformer session/week (€30 each) + 2 Studio Classes/week (€17 each)
- **€256/month** 2 Pilates Reformer sessions/week (€30 each) + 1 Studio Class/week (€17 each)

• **INFRARED INFRASLIM BIKE burn up to 1,300 calories per session**

30€	First 40-minute Session (one-time only)
35€	Single Session
330€	Pack of 10 Sessions (€33/session), valid for 1 year (Included with the purchase) ▪ 1 LPG Endermologie session with Myriam ▪ 30-minute nutritional coaching session with Julie, our dietitian

HOLISTIC HEALTH PRACTITIONERS

- **Osteopathy Consultation with Enzo Sarzotti:** 70€
- **Consultation with Aaron, our Medium:** 150€ (1 hour)
- **Naturopathy with Sarah Escuin**
 - Initial Consultation (1h30–2h): 110€ - Follow-up Consultation: 80€ - Teen Consultation: 80€
 - Foot Reflexology: 30 min: €50 - 1 hour: €80
 - Chi Nei Tsang Chinese Energy Massage (Abdominal organ massage to release tension) 1h15: 110€
- **Nutritional Coaching with Julie (Dietitian)**
 - 1-Month Program: €130 - 3-Month Program: €110/month - 6-Month Program: €95/month

BEAUTY ROOM

Body Massages performed by Myriam Beauté Désirée and Lucie Comayras

45€ Back Massage 30 mn

90€ Pregnancy Massage 1H

80€ Swedish Dynamic Massage – Duration 1H / €120 for 1H30 / €160 for 2H

85€ Relaxing Californian Massage for total relaxation – Duration 1H / €120 for 1H30 / €160 for 2H

95€ Deep Tissue Massage to release deep muscle tension – Duration 1H / €130 for 1H30 / €170 for 2H

95€ Oriental Massage, sensual and enveloping, for deep relaxation – Duration 1H / €130 for 1H30 / €170 for 2H

95€ Lomi Lomi Massage, comforting and stress-relieving – Duration 1H / €130 for 1H30 / €170 for 2H

95€ Energizing Ayurvedic Massage with oils – Duration 1H / €130 for 1H30 / €170 for 2H

95€ Balinese Massage combining stretches, pressure techniques and smoothing strokes – Duration 1H / €130 for 1H30 / €170 for 2H

95€ Customized Massage with choice of focus areas (face, scalp, stomach, etc.) – Duration 1H / €130 for 1H30 / €170 for 2H

15€ Hot Stones Supplement

Targeted Body Treatments by Myriam Beauté Désirée and Lucie Comayras

65€ Wood Therapy Palper Rouler Treatment (drainage using wooden instruments from traditional Chinese medicine) 45 min / 80€ :1H

70€ Body scrub and peeling to reduce marks & imperfections ending with a light massage – Duration 1H

80€ Slimming Palper Rouler & Drainage Treatment – Duration 1H

80€ Vodder Lymphatic Drainage – Duration 1H

Body Treatments by Myriam (Beauty Assessment by Beauté Désirée and custom quote creation = Free)

50€ LPG Cellu M6 duration 30 min – package of 10 sessions: 400€ / 65€ LPG M6 duration 45 min

35€ Pressotherapy – duration 30 min – package of 10 sessions: 250€

40€ Radiofrequency 20 min to boost skin firmness – 60€ for 30 min – packages available

Expert and High-Tech Anti-Aging Treatments by Myriam Beauté Désirée

30€ LED Light Therapy session face or body - Duration: 20 min

40€ Hydrapeel (HydraFacial) – 20 min

40€ Eye Treatment for puffiness & dark circles – 30 min

45€ Microneedling

50€ Endermolift LPG mechanically reproduces the Jacquet pinch technique to firm the face - 30 min

60€ Radiofrequency creates a tightening effect to firm the facial contour – Duration: 30 min - package of 6 sessions: 315€

70€ Express Beautiful Skin Treatment: Hydra peel + peeling + LED / duration 45 min

70€ Microneedling + LED light therapy - Duration 45 min

80€ Acne Imperfections Treatment – duration 45 min (hydra peel + comedone extraction + peeling + blue LED)

120€ Expert Radiofrequency Treatment: Hydrapeel + Radiofrequency + Light Therapy for skin laxity

140€ Expert Anti-Aging Treatment: hydrapeel + peeling + microneedling + light therapy - Duration 1H15