

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

25€	Single Studio Class
119€	Pack of 5 Classes (€23.80/class), valid for 3 months

Back to School Offer FALL 2026

219€	Pack of 10 Classes + 1 complimentary class + 1 complimentary Infralim session (€19.90/class), valid for 6 months
399€	Pack of 20 Classes + 3 complimentary classes + 1 complimentary Infralim session (€17.35/class), valid for 1 year
600€	Pack of 40 Classes (€15/class), payable in 3 instalments, + 1 complimentary Deep Recovery session, 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€ - 6 complimentary studio class guest passes – Bath towels at every session
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€ - 3 complimentary studio class guest passes – Bath towels at every session

- **PILATES REFORMER – 50-minute sessions**

30€	Introductory Session (one-time only)
75€	Discovery Pack of 3 Sessions (new clients only)
35€	Single Session

Pilates Reformer Packs

170€	Pack of 5 Sessions (€34/session), valid for 6 months
299€	Pack of 10 Sessions (€29.90/session) + 1 complimentary Studio Class, valid for 9 months BACK TO SCHOOL
530€	Pack of 20 Sessions (€26.50/session) + 2 complimentary Studio Classes + 1 complimentary Deep Recovery session, shareable between 2 people, payable in 2 instalments, valid for 1 year BACK TO SCHOOL

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 – may be paused for up to 2 weeks

- **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 of a first pack:
 - 1 LPG Endermologie session with Myriam
 - 30-minute nutritional coaching session with Julie, our dietitian

- **COMBO OFFERS** discover two practices

42€ **1 Studio Class + 1 Infrasilim session** – one-time purchase, valid for 2 months

45€ **1 Studio Class + 1 Pilates Reformer Class** – one-time purchase, valid for 2 months

45€ **1 Pilates Reformer Class + 1 Infrasilim session** – one-time purchase, valid for 2 months

- **DEEP RECOVERY SUITE** (infrared sauna + cold plunge) – 30-minute session

A fully private wellness space dedicated to contrast therapy — infrared sauna and cold plunge — designed for your recovery and longevity. Showers, towels and CLARINS skincare products at your disposal.

29€ **Single Session** (30 minutes)

+15€ For a **2nd person** (same time slot)

55€ **Discovery Pack of 3 Sessions** (€18.33/session) – one-time purchase, valid for 2 months

118€ **Pack of 5 Sessions** (€23.60/session), valid for 4 months

199€ **Pack of 10 Sessions** (€19.90/session), valid for 1 year

Deep Recovery & Movement Combos

45€ **1 Studio Class** (TRX, Barre, Yoga...) + **1 Deep Recovery session** — €23 class + €22 recovery

52€ **1 Pilates Reformer Class + 1 Deep Recovery session** — €30 Reformer + €22 recovery

52€ **1 Infrasilim session + 1 Deep Recovery session** — €30 Infrasilim + €22 recovery

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, sensorial 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