

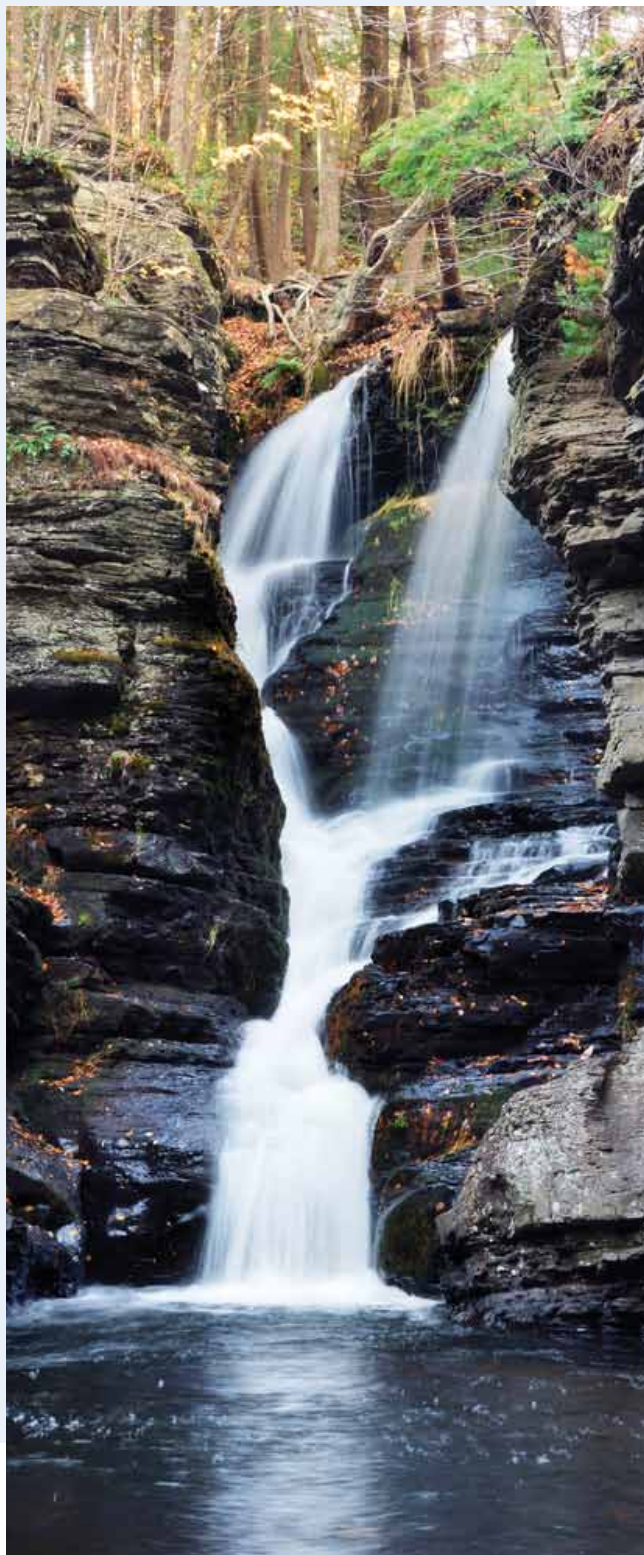
*les Célestins* ★★★★★  
VICHY SPA HOTEL



SERIOUSLY THERMAL, INFINITELY SPA







## FROM THE 17TH CENTURY

TO THE PRESENT DAY ...

In the 17th century, Madame de Sévigné wrote letters extolling the virtues of the waters of Vichy for her complexion and her health.

Over 350 years later, the Vichy Spa Hotel les Célestins is proud to maintain the tradition of fine spa town hospitality. Guests come from all over the world to top up their health in an outstanding natural and cultural environment, surrounded by the best medical, sports and nutritional expertise.

## THE CÉLESTINS SOURCE

With its comparatively low temperature and balanced mineral salt content, it is Vichy's most preferred mineral water. Today it is the only source bottled in the town of Vichy.

The famous blue bottles of "Vichy Célestins" are exported to 40 countries.

# WELCOME TO VICHY SPA HOTEL LES CÉLESTINS!

Set in luscious 19th century parkland, Vichy Spa Hotel les Célestins is a privileged environment in which everything has been conceived to accompany you on your path to health - in body, spirit and lifestyle.

When you check in at Vichy Spa Hotel les Célestins, everyday worries melt away as you succumb to the spacious harmony of your surroundings.

Bathed in light, our outstanding 75000 m2 thermal Spa is an invitation to be pampered with treatments to suit your health, well being and beauty goals. You want to give your health a boost? Our doctor and our specialists in nutrition, sports, relaxation and physiotherapy are here to advise you on programs specially adapted to suit your whims and your needs.

You'd like to lose weight and keep it off, achieving a figure that's toned and trim? Our new concept, the Célest Diet Club, will help you achieve your goals.

You want to enhance the appearance of your skin, smooth away lines or tackle cellulite? Our High Tech equipment and skilled team of experts are here to realise your aspirations. L'Institut des Laboratoires Vichy, a unique place for cell regeneration, offers an exclusive programme of treatments to transform your skin visibly.

Perhaps you want to get back into sport in a way that's kind to your body - or to fine-tune a game that's already polished? Our coaches and physiotherapists can support you all the way.

Or perhaps you simply deserve a break, the chance to catch your breath and recharge your energy? You can. You'll find plenty to please among our special week end and escapade deals.

All of us here at the Vichy Spa Hotel les Célestins team are waiting to help you get the most from your visit, be it for a few days or a few months.

At Vichy Spa Hotel Les Célestins, you're our vocation..

We look forward to welcoming you,

Warm wishes,

Danielle Lagrange  
Directrice Générale





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## A LITTLE INSPIRATION...

### OPERA, CONCERTS & SHOWS

Vichy's Opera house is an Art Nouveau jewel, and the only one of its kind in France.

The winter season is devoted to theatre, dance and sparkling live music.

In summer it's the turn of classical music, opera and ballet. By night, there is also an excellent program of open-air shows and concerts.



## INDULGE YOURSELF AT VICHY!

CULTURE, CINEMA, GOLF, RACING & SHOPPING GALORE

In the heart of France, with easy access from Paris, Lyon or Marseille, the town of Vichy is one of the great spa towns, with an ample tradition of entertainment and activities to add to the pleasure of your stay.

As well as its famous thermal sources, Vichy has no shortage of culture and entertainment.

You can explore stunning architecture, enjoy a night at the Opera, take in a contemporary art exhibition or two and check out the offerings at the Cultural Centre. There are casinos, too - as well as 500 shops that stay open 7/7, a multiplex cinema, golf courses, a race course, an olympic swimming pool, watersports facilities, the lake and the beach. Not forgetting free concerts in summertime...





## HORSE RACING UNIQUE IN FRANCE

Vichy Hippodrome offers one of the finest and most varied calendar of events in France, with harness racing (both trot and gallop) and show jumping...

Between May and September, there are 40 meetings - that's more than 300 races, most of which are listed with bookmakers.

In July, the Festival du Trot and the Grande Semaine du Galop are highlights of a season that attracts more than 120 000 spectators.

Racing nights in the floodlit hippodrome are magical events and are not to be missed!



## OUT ON THE TOWN NEVER A DULL MOMENT!



The shops in Vichy are open every day, including Sunday and public holidays. There are more than 500 shops in the centre of town.

Unique in Europe, The Parc Omnisports caters for 27 different sports and is equipped to professional standards.



The 18 000 m<sup>2</sup> Palais de Congrès, set in 6 hectares of natural parkland and bordered by the Lac d'Allier, is an exceptional venue right in the town centre.



International Golf Week takes place in mid-August and is made up of 10 famous competitions.



## VICHY SPA HOTEL LES CÉLESTINS

A magical place in the heart of France, Vichy Spa Hotel les Célestins was designed by architects Douat Harland & Associates.

The 4 star hotel opened in 1993.

The architects took their inspiration from the ultra luxurious “palace” hotels of the 1930s.

Their skillful deployment of glass creates an airy continuity with the greenery of the park and its lake, the legacy of France’s Second Empire under Napoleon III.

Vichy Spa Hotel les Célestins enjoys a perfect situation, in the midst of the town and opposite the park that runs alongside the river Allier.

On its town-facing side, the Hotel is just a short walk from 500 shops, cafés, museums, the opera house, the casino and more.

Head into the park, and a range of sports pursuits beckon, from jogging circuits to





## VICHY SPA HOTEL LES CÉLESTINS : THE ROOMS

Spacious and elegant, our rooms are equipped to a high standard of comfort and offer views over the Napoleon III parks or the Vichy Thermal Spa les Célestins. The rooms comprise 1 Presidential Suite, 4 Deluxe Suites, 6 Junior suites and 120 Deluxe rooms, 4 of which are accessible for guests with reduced mobility. With its superb, contemporary decor, the Presidential Suite has its own double terrace offering a panoramic view.

Bright and airy styling and an attention to detail go hand in hand with fine materials and furnishings, chosen for their quality at Vichy Hotel Spa les Célestins.

Running from room to spa are mural features designed and painted by Lise-Laure Batifol. The artist took her inspiration from evocative elements such as the Vichy pastille and drawings and engravings from the Second Empire. Her contemporary creations lend additional vibrancy to the interiors.

Every detail has been considered to ensure you feel instantly at home and utterly pampered during your stay: fluffy bathrobes, luxury bed linen, a tray of complimentary tea, coffee and herbal teas, quality toiletries, 24 hour room service, broadband internet connection, cable TV, private car park.



## THE THERMAL SPA LIKE NOWHERE ELSE

Vichy Spa Hotel les Célestins boasts the biggest Spa complex in Europe. Access is direct for hotel guests, just a short stroll in your bathrobe from your room to the Spa itself. This luminous space offers «CÉLEST» thermal water programmes and stays that are adapted and personalised to suit each guest.



All Vichy Thermal Spa's "Health" programmes are led by a multi-disciplinary team of doctors and health professionals. Based on consultations with you, doctors will confirm that the programme you've chosen is appropriate for you, and they'll adapt treatments and direct health sessions to eliminate any contra-indications. Additional check-ups or specialist consultations may be prescribed on a case by case basis according to the individual's health status.

Vichy Thermal Spa is led by a team of professionals in the medical, paramedical and beauty fields. Vichy Health includes a medical consultation to confirm that the package and treatments are appropriate, adapting them to suit specific needs.



Our **osteopath** applies non-invasive manipulation to enable the muscles and skeleton to work together in harmony..

Our **physiotherapists** use massage and lymphatic drainage to restore muscular balance and improve circulation..

Our **dieticians** are responsible for nutritional planning within the Célest Diet Minceur and Célest Détox programmes. Working with a medical nutritionist, they provide one-to-one support to help you achieve your weight loss goal

or restore balance in your diet.. Our **round table discussions** are your chance to meet up in a small group, get answers to all your questions and pick up useful tips from our specialists. .

Our **sophrology and behaviour therapy workshops**, held in small groups or individually, are there to boost your motivation. Culinary demonstrations show you how to prepare delicious, figure-friendly meals that you can make at home.



## L'INSTITUT DES LABORATOIRES VICHY

In 1931, Doctor Haller discovered the therapeutic benefits of the Lucas Thermal Water in Vichy. The decision he then took was a revolutionary one in his day: to create a range of treatments according to skin type, a task to which he applied all the rigour of his dermatology training. And so Laboratoires Vichy came into being.

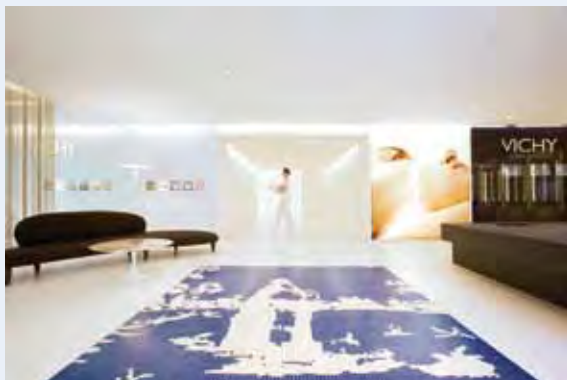


**VICHY**  
LABORATOIRES  
*L'Institut*

Drawing on their considerable expertise in skin physiology, Laboratoires Vichy have now created the Institut, within Vichy Thermal Spa Les Célestins, in Vichy - where it all began.

The Institut offers treatment protocols adapted to every skin type, to optimise cell regeneration and transform the skin visibly. And from the very first treatment.

After an expert skin diagnosis courtesy of our time-saving Dermo-Analyzer device, each protocol activates the most effective, health-enhancing treatments from Laboratoires Vichy. Vichy Thermal Water mist applications fortify, soothe, regenerate the skin. Facial and body massage techniques adapted to every area of your skin (smoothing and lifting,



stimulating radiance, deep pressure, airsculpting, integral subdermal massage, dead cell removal...) achieve a beauty that's real, visible and long-lasting.

**Soothing immersion :**  
treatment for sensitive skin

**Deep hydro-lipidic nourishment :**  
treatment for dry skin

**Purifying skin texture :**  
treats skin blemishes

**Radiance regeneration :**  
treatment to restore the skin's glow

**300 million new cells :**  
anti-aging treatment

**Remodeling liposculpting :**  
figure-trimming treatment

**Cutaneous energy boost :**  
treatment for men



## FEED YOUR SENSES!

LE CÉLEST, LE N3, LE BISTROT DES CÉLESTINS

At Vichy Spa Hotel les Célestins, the Chef's creative cuisine comes in three versions in three different settings.

### **Restaurant Le Célest**

Sophisticated and relaxed, the 7th floor Célest has superb views over the Allier, with a choice of tables inside or out on the terrace. The restaurant perfectly embodies the healthy principles of the Célest Diet Club.

### **Restaurant Le N3**

Magnificently styled in tones of rose and damson, this restaurant serves exquisite gastronomic dishes - delicious, and light.

### **Bistrot des Célestins**

A warm atmosphere and friendly staff serving an imaginative menu with an accent on authentic, local and regional produce.





## THE CÉLEST DIET CLUB

### DIETARY INNOVATION

Say goodbye to temptation at the Célest Diet Club.

Sign up to the CÉLEST-DIET MINCEUR program, and get all the benefits of the new Célest Diet Club concept.

Feeling peckish? Relax, the minibar in your room is low-cal.

Breakfast in your room comes with the approval of our nutritional experts - as with all meals during your stay.



As a guest on full-board, you can also start your day with breakfast in the Célest restaurant - your sanctuary of delicious, healthy eating.

Medical advisors, Dieticians, sports coaches are all on hand to help you lose weight sustainably.

Cocooned in glamour and sophistication, relaxation couldn't be more natural, leaving you restored and ready to enjoy life with renewed energy.



## CÉLEST PROGRAMMES & STAYS

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« ... lose weight sustainably thanks to a step by step programme that's uniquely tailored to your needs. »

## IN THE PROGRAMME

### Expert consultations and services:

- 1 personalised welcome meeting
- 2 round table discussions: diet and sports coaching
- 1 medical consultation on arrival
- 1 dietary consultation N°1: identifying your individual diet plan
- 1 dietary consultation N°2: review of your stay, establishing your follow-up mentoring over the next 6 months

- 1 consultation with a sports coach
- 1 interactive nutrition workshop
- 1 cookery workshop "balance and fitness"
- Vichy thermal drinking cure
- Free access to the Vichy Célestins water bar

*Plus 15% reduction on all à la carte treatments, 10% reduction on purchases over 25 € in the boutique, on selected items.*

## THE CÉLEST-DIET MINCEUR

6 days / 7 night, 31 treatments & services

Full board at the Célest Diet Club

From 2010 € \*

The CÉLEST-DIET MINCEUR allows you shed weight gradually during your stay, leaving you motivated and ready to realign your lifestyle, gently, naturally, serenely.

In a pleasant and airy environment, you'll receive targeted treatments to match your personal needs and one-to-one coaching from our nutritional team. Physical exercise and psychological mentoring are also key factors to success in this, our flagship programme at Vichy Spa Hotel les Célestins.

And to keep you motivated and on track, we offer personalised coaching through the site [vichydiet.fr](http://vichydiet.fr) for six months following your stay.

(\*) Full details in our price brochure

### 22 Vichy Thermal Spa services:

- 3 sessions of Iyashi Dôme
- 3 sessions of BodySculptor exCell+
- 2 Vichy salt thermosudation wraps
- 2 Vichy water hydromassage baths with slimming essential oils
- 3 sessions of Cellu M6
- 2 slimming body sculpting sessions
- 3 sessions of aquaforme in the thermal swimming pool
- 3 individual, personalised coaching sessions covering aquaforme training or sports coaching in the fitness room
- 1 post cure follow-up through [vichydiet.fr](http://vichydiet.fr)



« ... boosts the body's oxygenation, quickly regaining definition and tone »

### IN THE PROGRAMME

#### Expert consultations and services :

- 1 personalised welcome meeting
- 1 round table meeting : diet
- 1 medical consultation on arrival
- 1 dietary consultation
- 1 consultation with a sports coach
- 1 cookery workshop : balanced diet and figure

- Vichy thermal drinking cure
- Free access to the Vichy Célestins water bar

*Plus 15% reduction on all à la carte treatments, 10% reduction on purchases over 25 € in the boutique, on selected items.*

## THE CÉLEST-DÉTOX

6 days / 7 nights, 25 treatments & services

Full board at the Célest Diet Club

From 1800 € \*

Step away from it all with CÉLEST-DÉTOX, a detoxifying cure to purify the body, conducted under strict medical supervision. Le CÉLEST-DÉTOX boosts the body's oxygenation, quickly regaining definition and tone.

This tailor-made programme relies on specific techniques, a carefully regulated diet and a personalised exercise plan.

Drinking the waters, hands-on treatment techniques and the latest technology harnessed to the properties of Vichy thermal water enable us to drain and eliminate toxins, so restoring healthy blood and lymph circulation.

Consultations and the multi-disciplinary approach of our health, nutrition and sports team work achieve effective, long-lasting results.

(\*) Full details in our price brochure.

### 19 Vichy Thermal Spa services :

- 3 sessions of Iyashi Dôme
- 3 Vichy water hydromassage baths with detoxifying essential oils
- 3 sculpting massages with detoxifying essential oils
- 3 two-hand body sculpting sessions in the Vichy shower (l'Originale)
- 3 individual sports coaching sessions in the « ... take control of back pain » fitness room
- 3 group sessions of aquarelay in the swimming pool
- 1 colonic irrigation session (by prescription only)



« ... take control of back pain »

### IN THE PROGRAMME

#### Expert consultations and services :

- 1 personalised welcome meeting
- 2 round table discussions : diet and posture
- 1 medical consultation on arrival
- 1 dietary consultation
- 1 osteopathy consultation
- 1 consultation with a sports coach

- 1 sophrology or yoga workshop
- Free access to the Vichy Célestins water bar
- Vichy thermal drinking cure

*Plus 15% reduction on all à la carte treatments, 10% reduction on purchases over 25 € in the boutique, on selected items.*

## THE CÉLEST-MOBILITÉ

6 days / 7 night, 32 treatments and services

Half-board

From 2121 € \*

CÉLEST-MOBILITÉ directly tackles osteo-articular pain by combining different therapeutic methods including expert medical consultation, thermal treatments, physiotherapy massage and specific physical exercise.

By improving mobility, essential to healthy recovery, the programme promotes the sense of well being and restfulness that form the basis of your stay.

As soon as you arrive, a doctor will see you to make a clinical evaluation of your mobility. A programme of treatment is then prescribed according to your therapeutic needs.

Alongside the treatments, a sports coach will tutor you through the movements and exercises you need to adopt or avoid. Conferences and workshops led by dietary, sophrology and sports experts introduce you to dietary habits that work to counter inflammation, relaxation techniques and a more balanced way of life.

(\*) Full details in our price brochure.

### 24 Vichy Thermal Spa services :

- 3 physiotherapy massages, 25 min
- 3 group re-education sessions in the thermal swimming pool
- 3 sessions of Iyashi Dôme
- 3 sessions of luxopuncture
- 3 Vichy water hydromassage baths in relaxing essential oils
- 3 two-hand body sculpting sessions in the Vichy shower de Vichy (l'Originale)
- 3 terre de Vichy wraps and cataplasms
- 3 individual sessions with the sports coach in the fitness room



« ... find the space to  
be yourself »

### IN THE PROGRAMME

#### Expert consultations and services :

- 1 personalised welcome meeting
- 2 round table discussions : sophrology and sports for relaxation
- 1 medical consultation on arrival
- 1 dietary consultation
- 1 consultation with a sports coach

- 1 sophrology or yoga workshop
  - Vichy thermal drinking cure
  - Free access to the Vichy Célestins water bar
- Plus 15% reduction on all à la carte treatments, 10% reduction on purchases over 25 € in the boutique, on selected items.*

## THE CÉLEST-NO STRESS

6 days / 7 nights, 29 treatments & services

Half-board

From 1797 € \*

CÉLEST-NO STRESS helps restore mental and physical equilibrium. It gives you space to make a positive break with your daily routine, and really breathe. Stepping outside your usual parameters allows you to locate the sources of negative stress and deal with them effectively.

In CÉLEST-NO STRESS, you will receive holistic mentoring and be able to draw on specialist individual advice on health, well-being and regaining control of your life.

Thanks to a combination of relaxing treatments using Vichy thermal water, essential oils and luxopuncture sessions, you'll experience total physical relaxation.

CÉLEST-NO STRESS includes workshops and conferences on stress-free eating habits, on sport for relaxation. To complete the programme, a drinking cure of Vichy thermal water, rich in lithium, may be prescribed.

(\*) Full details in our price brochure.

### 22 Vichy Thermal Spa services :

- 3 sculpting sessions in soothing essential oils
- 3 two-hand body sculpting sessions in the Vichy shower (l'Originale)
- 1 relaxing, anti-stress facial and body treatment
- 3 terre de Vichy wraps
- 3 sessions of luxopuncture
- 3 Vichy water hydromassage baths in soothing essential oils
- 3 individual sessions with the sports coach in the fitness room
- 3 group sessions of aquarelay coaching in the thermal swimming pool



« time for me . . .  
and only me »

### IN THE PROGRAMME

#### Expert consultations and services:

- 1 personalised welcome meeting
- 3 round table discussions : «diet», «beauty» and «rejuvenation», sports coaching and getting back in shape
- 1 medical consultation on arrival
- 1 dietary consultation
- 1 consultation with a sports coach

- 1 consultation Dermo-Analyzer at L'Institut des Laboratoires Vichy
- 1 beauty workshop
- Vichy thermal drinking cure
- Free access to the Vichy Célestins water bar

*Plus 15% reduction on all à la carte treatments, 10% reduction on purchases over 25 € in the boutique, on selected items.*

## THE CÉLEST-WOMAN

6 days / 7 nights, 27 treatments & services

Half-board

From 1989 € \*

CÉLEST-WOMAN addresses the specific needs of active women aged 45 or over. It helps develop muscle tone and the ability to cope psychologically with pressure.

During this stay, the accent is firmly placed on experience and dialogue. Medical consultations are accompanied by meetings and guidance from experts.

Mixed and matched to suit your needs, the treatment programme may include hydro- and hydrating massages with Vichy thermal water, personalised sports coaching, workshops and conferences, as well as facial and body beauty treatments exclusive to Laboratoires Vichy.

Vichy thermal water, rich in bicarbonate and silica, is a powerful ally of beauty et female wellness.

(\*) Full details in our price brochure.

### 18 Vichy Thermal Spa services :

- 1 "peeling cuivré" scrub with Vichy salts
- 1 face and body treatment at L'Institut des Laboratoires Vichy
- 1 hydrating body masque
- 3 Vichy water hydromassage baths with revitalising essential oils
- 3 terre de Vichy wraps

- 3 body sculpting sessions with revitalising essential oils
- 3 individual sessions with the sports coach in the fitness room
- 3 aquaforme group coaching sessions in the thermal swimming pool



« ... a question of  
of fitness »

## IN THE PROGRAMME

### Expert consultations and services :

- 1 personalised welcome meeting
- 3 round table discussions : diet, “grooming» and «rejuvenation», sports coaching and getting in shape
- 1 medical consultation on arrival
- 1 dietary consultation
- 1 consultation with a sports coach

- 1 consultation Dermo-Analyzer at L’Institut des Laboratoires Vichy
- 1 male grooming workshop
- Vichy thermal drinking cure
- Free access to the Vichy Célestins water bar

*Plus 15% reduction on all à la carte treatments,  
10% reduction on purchases over 25 € in the*

## THE CÉLEST-MAN

6 days / 7 nights, 27 treatments & services

Half-board

From 1971 € \*

Many top class sportsmen wouldn't miss their annual fitness tune-up at Vichy Spa Hotel les Célestins for anything. Confident in our results, our team of experts have developed CÉLEST-MAN, a programme for anyone who wants to get into great physical and mental shape - and stay that way.

In Célest-Man, you'll benefit from personal consultations with our team of experienced professionals, comprising doctors, dieticians and sports coaches. Together, they'll draw up an individual programme of support and follow-up matched to your goals and needs.

This intensive 6 day programme caters for injury recovery and includes muscle reinforcing exercises, massages, sculpting treatments, sports coaching sessions and discussion workshops. Effective and results-led, it will leave you feeling in great shape and raring to go.

(\*) Full details in our price brochure.

### 18 Vichy Thermal Spa services :

- 1 purifying and relaxing back treatment
- 1 face and body treatment for men at L'Institut des Laboratoires Vichy
- 3 Vichy water hydromassage baths with revitalising essential oils
- 3 terre de Vichy wraps
- 3 body sculpting sessions with revitalising

essential oils

- 1 two-hand body sculpting session in the Vichy shower (l'Originale)
- 3 individual sessions with the sports coach in the fitness room
- 3 group sessions of aquaforme coaching in the thermal swimming pool



« ... love the skin you're in  
The CÉLEST-ÉNERGIE was created for  
everyone who cares about staying in  
shape for years to come!... now and in  
the future »

## AU PROGRAMME

### Expert consultations and services :

- 1 personalised welcome meeting
- 2 round table discussions : diet and sports coaching
- 1 medical consultation on arrival
- 1 dietary consultation
- 1 consultation with a sports coach

- 1 consultation Dermo-Analyzer at L'Institut des Laboratoires Vichy
- 1 beauty workshop
- Vichy thermal drinking cure
- Free access to the Vichy Célestins water bar

*Plus 15% reduction on all à la carte treatments,  
10% reduction on purchases over 25 € in the*

## THE CÉLEST-ÉNERGIE

6 days / 7 nights, 25 treatments & services

Half-board

From 1545 € \*

The CÉLEST-ÉNERGIE was created for everyone who cares about staying in shape for years to come!

A team of experts - from doctor to sports coach - oversee this programme of treatments, consultations, workshops and personal coaching.

You'll benefit from a specific nutritional plan aligned to your tastes and needs, as well as advice and guidance on physical exercise to set you on the road to wellness.

A "terre de Vichy" mineral wrap relaxes the muscles, soothing away any aches and pains. A hydromassage bath with essential oils revitalises you and replenishes your vital energies. The one and only Vichy l'Originale shower spells complete and blissful relaxation. And so, to beauty, and treatments to pamper face and body.

(\*) Full details in our price brochure.

### 17 Vichy Thermal Spa services :

- 1 ultra-gentle body scrub
- 1 personalised facial treatment
- 3 Vichy water hydromassage baths with regenerating essential oils
- 3 terre de Vichy wraps
- 3 sculptings with regenerating essential oils
- 3 sessions of luxopuncture
- 3 two-hand body sculpting sessions in the Vichy shower (l'Originale)

## CHECK-UP, CONSULTATIONS & BILANS



## CHECK-UP

Appointments can be made with the doctor at Vichy Spa Hotel les Célestins for specific clinical or biological screening on request.

Specialist consultations may be arranged to cover cosmetic surgery, dental treatment or post-operative care, etc.

## POST-THERAPY TREATMENT

Women who have been treated for breast cancer and are in full remission can take part in the first Thermal Spa Mentoring Programme that caters specifically for their recovery. The treatment draws on expertise acquired through the PACTHE study\*, in which the Vichy Spa resort has been participating for several years.

CÉLEST-REVIVAL is the only full thermal spa programme adapted to include physiotherapy and specific advice on diet and exercise for women seeking to regain their sense of womanhood and self-image. There is a minimum stay of 6 days.

Our team can provide further advice and information in person or by phone : (+33) 04 70 30 82 82.

*NB : A medical certificate confirming full remission is required for this programme.*



« . . . the source of  
great shape »

## IN THE PROGRAMME

### Expert consultations and services :

- 1 personalised welcome meeting
- 2 round table discussions : diet and sports coach
- 1 dietary consultation
- 1 consultation with a sports coach
- 1 beauty workshop

- Vichy thermal drink cure
- Free access to the Vichy Célestins water bar

*Plus 15% reduction on all à la carte treatments,  
10% reduction on purchases over 25 € in the  
boutique, on selected items.*

## THE CÉLEST-FORME

6 days / 6 nights, 27 treatments & services

Half-board

From 1422 € \*

Rich in mineral salts and oligo-elements, the thermal water of Vichy Célestins is particularly beneficial on balance and the metabolism,

CÉLEST-FORME draws on all the properties of this source of well being, combining thermal hydromassage treatments, wraps, soothing massages and coaching sessions to help you work out and get in shape

What's more, the programme lets you come and go as you please in the Spa's fitness space, with its swimming pool, cardio-fitness room, herbal tea and water bar.

(\*) Full details in our price brochure.

### 21 Vichy Thermal Spa services :

- 3 individual sessions with the sports coach in the fitness room
- 3 group aquabiking sessions in the thermal swimming pool
- 3 Vichy water hydromassage baths with toning essential oils
- 3 jet shower sessions
- 3 terre de Vichy wraps
- 3 sculptings with toning essential oils
- 3 two-hand body sculpting sessions in the Vichy shower (l'Originale)



« ... what I like  
when I like »

## IN THE PROGRAMME

### Expert consultations and services :

- 1 personalised welcome meeting
- 1 round table with sports coach
- 1 cookery workshop "balance and fitness"
- Vichy thermal drinking cure
- Free access to the Vichy Célestins water bar

*Plus 10% reduction on purchases over 25 € in the boutique, on selected items.*

### Choice of treatments (4 treatments/day over 6 days):

#### Hydro treatments :

- 1 treatment à Vichy thermal water from the following :  
four-hand body sculpting in the Vichy shower (l'Originale), 25mn
- hydromassage bath with personalised essential oils (regenerating, toning, slimming...)
- terre de Vichy wrap
- Jet shower

## THE CÉLEST-IMPÉRIAL

6 days / 6 nights, a choice of 24 treatments and 3 services

Half-board

From 2526 € \*

With CÉLEST-IMPÉRIAL, you're free to pick and choose, enabling you to create the stay that feels just right.

The price includes 24 treatments that you can select to according to your whims and goals over enjoy over 6 days.

Our team of experts will advise and guide you through the multitude of treatments available.

This variety, drawing on the latest technological developments, ranges from hands-on body sculpting and a myriad of Vichy thermal treatments, to beauty care treatments and sports coaching.

Our personalised approach will help you get the most out of your programme and, if necessary, 'tweak' it to suit at any time.

(\*) Full details in our price brochure.

### Beauty :

1 beauty treatment per day from the following :

- "peeling cuivré" body scrubscrub with Vichy salts (for women)
- relaxing, purifying back treatment (for men)
- personalised facial treatment
- hydrating body masque
- velvet mother-of-pearl and hibiscus ritual
- replenishing sculpting treatment
- sublime glow ritual
- "flash beauté" treatment
- 1 face and body anti-aging treatment « 300 million cells», following the Dermo-Analyzer diagnostic at L'Institut des Laboratoires Vichy

### Relaxation :

- 1 sculpting session per day choosing from relaxing, toning or energizing, 25 min

### Getting in shape :

- 1 individual sports coaching session per day in the fitness room or in the thermal swimming pool
- Or 1 innovative "nouvelle technologie" treatment per day from the following : lyashiDôme, BodySculptor exCell+, Cellu M6, Luxupuncture



« ... discover the secret of the  
Célestins glow »

## IN THE PROGRAMME

### Expert consultations and services :

- 1 Dermo-Analyzer consultation
- 2 round tables conference : beauty and « skin care and cosmetic medicine »
- Vichy thermal drinking cure

- Free access to the Vichy Célestins water bar  
*Plus 15% reduction on all à la carte treatments,  
10% reduction on purchases over 25 € in the  
boutique, on selected items.*

## THE CÉLEST-ÉCLAT

6 days / 6 nights, 19 treatments & services

Half-board

From 1518 € \*

CÉLEST-ÉCLAT literally transforms the skin in six days, thanks to the special natural properties of Vichy Célestins thermal water, allied with the latest technological advances in dermo-esthetics.

All the top of the range facial and body treatments used within the programme have been developed by our own specialists at Vichy Spa les Célestins.

Using the Dermo-Analyzer, the latest innovation in skin diagnostics, our dermo-practitioners are able to identify a programme of treatments to suit any skin type perfectly

(\*) Full details in our price brochure.

### 16 Vichy Thermal Spa services :

- 3 terre de Vichy wraps
- 3 Vichy water hydromassage baths with personalised essential oils
- 2 two-hand body sculpting sessions in the Vichy shower (l'Originale)
- 1 "flash beauté" treatment
- 2 facial glow sculptings
- 1 personalised facial treatment
- 2 hydrating sculptings
- 2 hydrating body masque



« ... tackling cellulite  
effectively with technology »

## IN THE PROGRAMME

### Expert consultations and services :

- 1 personalised welcome meeting
- 1 nutricosmetic dietary consultation
- 1 consultation with a sports coach
- 1 Beauty conference
- Vichy Célestins drinking cure

- Free access to the Vichy Célestins water bar  
*Plus 15% reduction on all à la carte treatments,  
10% reduction on purchases over 25 € in the  
boutique, on selected items.*

## THE CÉLEST-NO CELLULITE

6 jours / 6 nuits, 25 soins & prestations

Demi-pension

à partir de 1800 € \*

Le CÉLEST-NO CELLULITE uses the most innovative anti-cellulite technology to tackle cellulite effectively.

Our beauty expert will consult with you and draw up a beauty review and an action plan, combining anti-cellulite treatments with the special knowexpertise of Laboratoires Vichy.

A vigorous, proactive programme, CÉLEST-NO CELLULITE gets optimal results through a combination of nutricosmetic advice and targeted physical activity in the thermal swimming pool.

(\*) Full details in our price brochure.

### 21 Vichy Thermal Spa services :

- 1 lipocavitation treatment
- 1 treatment Lipomodelage Resculptant at L'Institut des Laboratoires Vichy
- 3 Vichy water hydromassage baths with slimming essential oils
- 2 sessions of Cellu M6
- 3 lipodraining jet showers
- 2 hands-on lymphatic drainage treatments
- 3 sessions of BodySculptor exCell+
- 3 individual sessions with the sports coach in the fitness room
- 3 group sessions of aquabiking in the thermal swimming pool



« ... pampering, great nutrition and bliss »

## IN THE PROGRAMME

### Expert consultations and services :

- 1 personalised welcome meeting
- 2 Beauty round table discussions : “anti-aging Beauty medicine”
- 1nutricosmetic dietary consultation
- 1 consultation with a sports coach
- 1 consultation using the Dermo-Analyzer

- 1 make-up workshop
- Vichy thermal drinking cure
- Free access to the Vichy Célestins water bar

*Plus 15% reduction on all à la carte treatments, 10% reduction on purchases over 25 € in the boutique, on selected items.*

## THE CÉLEST-ANTI AGING

6 days / 6 nights, 27 treatments & services

Half-board

From 1770 € \*

This exclusive programme promotes long-lasting beauty and combats skin-aging.

CÉLEST-ANTI AGING offers anti-ageing nutrition in conjunction with sports coaching and includes beauty and thermal treatments.

Le CÉLEST-ANTI AGING fait écho à une alimentation anti-âge, à un coaching sportif et à des soins thermaux et esthétiques.

Our highly developed beauty treatments come with nutritional consultations, conferences and workshops to familiarise you with the basics of a diet rich in antioxidants.

To achieve optimal results during this programme, we recommend carefully adapted exercises selected for their effectiveness and their “oxygenating” benefits.

(\*) Full details in our price brochure.

### 20 Vichy Thermal Spa services :

- 1 “peeling cuivré” exfoliant treatment with Vichy salts
- 1 face and body anti-aging treatment « 300 million cells», following an analysis using the Dermo-Analyzer at L’Institut des Laboratoires Vichy
- 3 Vichy water hydromassage baths with replenishing essential oils
- 3 cryogenic body firming treatments
- 3 iyashi Dôme treatments
- 3 sculptings with replenishing essential oils
- 3 two-hand body sculpting sessions in the Vichy shower (l’Originale)
- 3 terre de Vichy wraps

## VICHY ESCAPADES

From 1 day / 1 night

VICHY ESCAPADES are little interludes of pleasure and indulgence, for replenishing your energy. Treat yourself, or bring your friends or your family. Stay for one night or several. Available from one night's stay and one day of treatments, they can be tailored to suit your fancy. For a longer escapade, simply multiply by the number of nights, or combine two escapades to suit.



### ESCAPADE GOLF

- 1 night in a Deluxe room, breakfast included
- 1 sculpting treatment of your choice per day, 25 min
- 1 course familiarisation session
- 1 stretching and recovery coaching session
- Green Fee for the course of your choice: 18 holes at Montpensier or at Vichy Sports Club

ESCAPADE GOLF\*  
available from 222€ per  
person per night in a double room.

### ESCAPADE SLIM

- 1 night in a Deluxe room, full-board, dietary menu
- 4 treatments per day, including 3 specific slimming treatments, from the following:
  - BodySculptor exCell+
  - Iyashi Dôme
  - Thermosudation wrap
  - Vichy hydromassage bath with slimming essential oils and 1 figure refining treatment
- 1 individual session with the sports coach
- 1 group session of aquaforme coaching

ESCAPADE SLIM\*  
available from 383€ per person per night  
in a double room.



## ESCAPADE TONIC

- 1 night in a Deluxe room with breakfast
- 3 beauty treatments per day, chosen from the following :
  - Terre de Vichy wrap
  - Vichy hydromassage bath with personalised essential oils
  - Sculpting with personalised essential oils
  - Two-hand sculpting massage in the Vichy shower (l'Originale)
- 1 individual coaching session
- 1 jet shower

### ESCAPADE TONIC\*

available from 199€ per person per night in a double room.



## ESCAPADE BEAUTY

- 1 night in a Deluxe room with breakfast
- 3 beauty treatments per day, chosen from the following :
  - Terre de Vichy wrap
  - Hydromassage bath with personalised essential oils
  - Sculpting with personalised essential oils
  - Two-hand sculpting massage in the Vichy shower (l'Originale)
  - “Flash beauté” facial treatment
  - “Peeling cuivré” treatment (for women) or purifying back treatment (for men)

### ESCAPADE BEAUTÉ\*

available from 218€ per person per night in a double room.

(\*) Full details in our price brochure.

## PRACTICAL INFORMATION

### Vichy Spa Hotel les Célestins

A 4 star hotel, ideally situated within 19th century parkland on the banks of the river Allier. A myriad of activities are on offer. They include golf courses, an opera house, casinos, a race course, an olympic swimming pool, summer concerts, the volcanos of the Auvergne, to mention but a few...

#### Nos chambres & suites

**131 comfortable, spacious rooms** ranging from Deluxe to Presidential Suite

##### 1 Presidential Suite

Superb, contemporary decoration with an area of 120 m<sup>2</sup>. Offers panoramic view, salon, dining room, office, dressing room, bathroom and double terrace

##### 4 Deluxe Suites

each 66 m<sup>2</sup> with view of the 19th century park..

##### 6 Junior Suites

of 55 m<sup>2</sup>, 5 of which overlook the 19th century park.

##### 120 Deluxe Rooms

of between 35 to 37m<sup>2</sup> furnished to a very high level of comfort. Some have balconies.

4 are suitable for guests with reduced mobility.

All rooms are equipped with safe deposit box, mini-bar, refreshment tray, radio, WIFI access and Satellite TV, separate bath and shower, bathrobe, hairdryer and telephone.

#### Access to rooms and suites

Rooms are available from 3pm and should be vacated before 12 noon.

The 24 hour room service menu is available throughout the week.

#### Hotel services

- Paid parking in private, covered car park
- Safe deposit box at reception
- Laundry pets allowed excepted in restaurants (16 €/ day – includes petfood)
- Babysitting (paying service)
- French billiards
- Library
- TV room

- Smoking room
- WIFI Internet (card from 5 €/hour)
- Hair styling salon (independent but within the Spa)
- Les Célestins shop

#### The restaurants

The Chef and his team serve gastronomic and diet-conscious cuisine at 'Le 'N3'' restaurant, an exclusively figure-trimming menu at "Le Célest" restaurant and traditional French cuisine at the "Bistrot Les Célestins" (closed Sunday evenings).

The restaurants welcome guests from 12.30pm to 1.45pm and 7.30pm to 9.45pm.

Reservations: +33 (0)4 70 30 82 00.

#### The Blue Note piano bar

The Blue Note offers a menu of hot and cold snacks from midday to midnight.

Live entertainment and performances (jazz, classical, gypsy etc) take place Thursday to Sunday.

#### The terraces

Our restaurants and bar can welcome you on the terrace from the first fine days of Spring. A real haven of peace.

### Vichy Spa les Célestins

#### Opening hours

Vichy Spa les Célestins welcomes you :

Monday - Saturday : 9 am to 8pm

Sunday : 9 am to 4pm

#### Advice & Reservations

In your room: dial 8235 from your room.

From outside the Spa : dial +33 (0)4 70 30 82 82.

#### What to bring on your stay

##### For treatments and water activities :

- 2 swimsuits
- 1 swimming cap (compulsory in the swimming pool)

##### For the fitness room :

- 1 jogging suit
- sports footwear

**Accessories provided to Hotel guests :**

- bathrobes
- sandals
- bath sheets

You can access Spa facilities via the footbridge, wearing your swimsuit and bathrobe.

**Our teams, our products**

Our treatments are dispensed by State-qualified beauticians, hydro-balneology therapists and physiotherapists.

Note: the soothing massage is a manual beauty treatment for which no therapeutic or medical claims are made.

**Choosing and organising treatments**

We advise organising your programme in advance.

This gives you the opportunity to choose, with help from our consultants, the treatments that suit you best.

Treatment times allow for dressing/undressing in the cubicle. 24 hours notice is required for any changes in your reservation.

A charge will be made for any treatment cancelled, for non-medical reasons, with less than 12 hours notice..

**Our prices**

All our brochure prices are in euros, inclusive of tax and may modified without notice. Valid from 1 January to 31 December inclusive, subject to VAT variations or specific promotional offers .

**The Célestins shop**

The Célestins shop, on the ground floor of the Spa, offers specific "Vichy les Célestins" products, food supplements, swimwear, sportswear, books and gifts. Open Monday-Saturday 3pm -7pm.

**How to go to the Vichy Spa Hotel les Célestins ?****By car**

Paris-Vichy .....	A71 .....	4hrs
Lyon-Vichy .....	A72 .....	2hrs30
Bordeaux-Vichy .....	A89 .....	4hrs00
Montpellier-Vichy .....	A75 .....	3hrs45

**By train**

Gare SNCF de Vichy  
Tel : +33 (0)4 70 97 21 21 or 3635

Paris-Vichy .....

Paris-Vichy .....	2hrs50
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(6 direct services daily)

Lyon-Vichy .....

Lyon-Vichy .....	2hrs15
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(6 direct services daily))

Genève-Vichy .....

Genève-Vichy .....	4 hrs 00
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(6 daily services)

**By plane**

35 mins from  
Clermont-Ferrand Auverge airport  
Tel : +33 (0)4 73 62 71 00

2 hours from  
Lyon-Saint-Exupéry airport  
Tel : +33 (0)826 800 826

1 hour 30 from  
Saint-Etienne airport  
Tel : +33 (0)4 77 55 71 71

2 km from  
Vichy-Charmeil aerodrome  
Tel : +33 (0)4 70 32 47 15

**Crédits Photo**

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**Concept et création**

BestCom Paris / 01 56 69 12 34 / presse@best-com.fr



## ADVICE & RESERVATIONS

24 hours daily

Tel : +33 (0)4 70 30 82 82

Fax : +33 (0)4 70 30 82 99

Full information is available on our website : [www.vichy-spa-hotel.fr](http://www.vichy-spa-hotel.fr) or from your travel agent.



## VICHY SPA HOTEL LES CÉLESTINS

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FRANCE

Tel : +33 (0)4 70 30 82 00

Email : [info@compagniedevichy.com](mailto:info@compagniedevichy.com)



SERIOUSLY THERMAL, INFINITELY SPA