



FITNESS

**Training session in your room or outdoors
with a personal coach - 1 hour: €95**

FITNESS IN PARIS PACKAGE WITH 10 1-HOUR PERSONAL TRAINING SESSIONS: €950

10 sessions with a personal trainer
1 free deep muscle or slimming treatment
or
1 free La Colline Oxygenating and Revitalising facial

SPA NOLINSKI FITNESS PROGRAMME €1750

Personalised fitness programmes. Your personal trainer and the team at Spa Nolinski develop a personalised fitness programme for you. A combination of fitness, body treatments and facials to help you reach all your targets.

FITNESS SLIMMING PACKAGE

10 sessions with your personal trainer
4 Slimming body treatments
2 La Colline Lift & Light facials

ANTI-STRESS FITNESS PROGRAMME

10 sessions with your personal trainer
4 Spiritual Awakening body treatments
2 La Colline Oxygenating and Revitalising facials

EXTREME FITNESS PACKAGE

10 sessions with your personal trainer
3 Signature Ritual body treatments combined with sauna session
2 La Colline Anti-Jet Lag treatments

*We also offer yoga, Pilates and other classes
on request.*