



L'HÉLIOS
HÔTEL & SPA

WELLNESS & RELAXATION

THE INFRARED SAUNA



The Benefits

Vitality

Brings back energy in the event of stress or risk of burnout

Pain relief

Reduces back and joint pain

Detox and weight loss

Increases metabolism and fat elimination

Beauty

Anti-aging, firming and rejuvenation

The +

Individual soft sauna, sparing the heart and the blood circulation

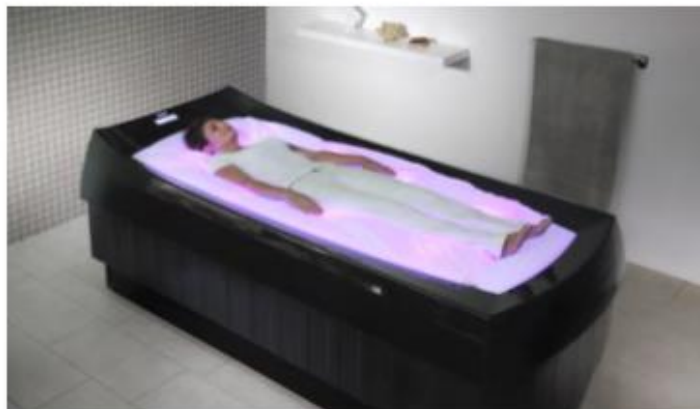
30 minutes session

30 €

5 30-minute-sessions

135€

THE FLOATING COACH



The Benefits

Floating – the body becomes very light. Weightlessness spreads slowly throughout the body, until it feels like only 1/7th of its weight.

It's a unique sensation, extremely soothing and relaxing.

These sensations are close to those of the foetus, bringing the user into a deep and regenerative relaxation.

All the body's muscles are relieved, and the heat triggers an endorphin secretion that soothes the nervous system.

30 minutes session

30€

5 30-minute-sessions

135€

THE LIGHT THERAPY



The Benefits

Fight against

Seasonal depression related to shortening days and sleep disorder

Jet lag

The rehabilitation time can be divided by 3

Bulimia and Anorexia

Reduces the cortisol involved in being overweight

Chronic fatigue

Restores vitality and promotes good mood

30 minutes session

20€

5 30-minute-sessions

90€