

CATALOGUE

WELLNESS STAYS

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To pursue our path of innovation and continue to meet each of our clients' needs, our Spa Marie de Bourgogne has chosen cryolipolysis, or cryotherapy literally, "**destruction of the fat by cold**"

This revolutionary technology is based on a physical principle known since long and is apoptosis of fat cells, caused by a selective and controlled cooling of adipose tissue leading to programmed cell death.



Chromotherapy is a method of treatment that uses the visible spectrum (colours) of electromagnetic radiation to elicit physiological adjustment reactions that are conducive to preserving or restoring health and, by extension, wellbeing. This practice is based on the fundamental principles of biology and physiology, and uses the laws of light, optics and electromagnetic phenomenon.



The technique involves cooling the body to reduce the size of the vessels. **The body is immersed for 3 minutes in a cabin which descends the temperature between -110 and -170 °.** In response to the cold, the human body secretes endorphins that cause a feeling of extreme well-being, but not only. Cryotherapy is medically recognized and used to treat sprains, tendonitis, muscle strain, joint pain, stress, insomnia, rheumatism, itching.

WELLNESS STAYS

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**PRICE**

492,90 €
for 1 person

AVAILABILITY

Contact us for more informations

SILHOUETTE CRYO 21 1 NIGHT/4 TREATMENTS

Enjoy a stay at Hotel Le Cep to combine slimness and pleasure thanks to the Cryo 21.

This package includes:

- 1 night in the room of your choice: Village, 1er Cru, suite Grand Cru, suite Nectar.
- Breakfast in the room or in the buffet.
- 4 treatments at the Marie de Bourgogne spa with a dedicated program:
- Day 1: 1 session of Cryo 21 30 minutes slimming followed by 1 pressotherapy session 30 minutes.
- Day 2: 1 access to the H2O space (sauna, hammam, sensory shower) followed by 1 session of Cryo 21 firming of 30 minutes.

OPTIONS

Upgrade in 1er Cru	80,00 €
Upgrade in suite Grand Cru	180,00 €
Upgrade in suite Nectar	370,00 €
Parking - Garage 1 night	20,00 €



RELAXATION PACKAGE CHROMO 21 / 1 NIGHT / 4 TREATMENTS

Come and enjoy a relaxing stay at Le Cep thanks to Chromo 21, color therapy.

This package includes:

- 1 night in a room of your choice: Village, 1er Cru, Grand Cru suite, Nectar suite.
- Breakfast in the room or in the buffet.
- 4 treatments at the Marie de Bourgogne spa with a dedicated program:
- Day 1: 45 minute Le Cep massage + a 20 minute session of Chromo 21.
- Day 2: 1 hour access to the H2O area (sauna, hammam, sensorial shower) followed by a 30 minute energizing session of Chromo 21.

OPTIONS

Upgrade in 1er Cru	80,00 €
Upgrade in suite Grand Cru	180,00 €
Upgrade in suite Nectar	370,00 €
Parking - Garage 1 night	20,00 €

PRICE

390,90 €
for 1 person

AVAILABILITY

Contact us for more informations



EXPRESS BREAK CRYO-CHROMO 2 NIGHTS/6 TREATMENTS

Enjoy a moment of well-being thanks to the Cryo 21 (cold treatments) and Chromo 21 (color therapy) at the Hotel Le Cep.

This package includes:

- 2 nights in your room of choice: Village, 1er Cru, suite Grand Cru, suite Nectar.
- Breakfast in the room or in the buffet.
- 6 treatments at the Marie de Bourgogne spa with a dedicated program:
- Day 1: 30 minute slimming session of Chromo io s 21 + a 30 minute toning session of Cryo 21.
- Day 2: 30 minute facial session with Cryo 21 + 30 minute venous and lymphatic drainage session with Cryo 21.
- Day 3: 30 minute toning session with Chromo io s 21 + 30 minute slimming session with Cryo 21.

PRICE

1 027,80 €

for 1 person

AVAILABILITY

Contact us for more informations

OPTIONS

Upgrade in 1er Cru	160,00 €
Upgrade in suite Grand Cru	360,00 €
Upgrade in suite Nectar	740,00 €
Parking - Garage 1 night	20,00 €



SOURCE OF WELL-BEING CRYO-CHROMO 6 DAYS/7 TREATMENTS

Revel in a moment of relaxation in our Spa Marie de Bourgogne thanks to Cryo 21 (cold treatment) and Chromo 21 (color therapy).

This gift box includes:

- 6 nights in your room of choice: 1er Cru, Grand Cru suite, Nectar suite.
- Breakfast in the room or in the buffet.
- 7 treatments at the Marie de Bourgogne spa with a dedicated program:
- Day 1: 30 minute session of Cryo 21 or Chromo 21 on a selected zone.
- Day 2: 30 minute toning or slimming session of Chromo 21 on a selected zone.
- Day 3: 30 minute slimming session with Cryo 21.
- Day 4: 30 minute facial session with Chromo 21 and Cryo 21.
- Day 5: 30 minute session with Chromo 21 on a selected zone.
- Day 6: 30 minute venous and lymphatic drainage session with Cryo 21.

OPTIONS

Upgrade in suite Grand Cru	600,00 €
Upgrade in suite Nectar	1 740,00 €
Parking - Garage 1 night	20,00 €

PRICE

2 441,40 €
for 1 person

AVAILABILITY

Contact us for more informations

**SILHOUETTE CRYO-CHROMO 6 DAYS/8 TREATMENTS**

Slim down at the Hôtel Le Cep thanks to the association of Cryo 21 (cold treatment) and Chromo 21 (color therapy).

This gift box includes:

6 nights in your room of choice: 1er Cru, Grand Cru suite, Nectar suite.

- Breakfast in the room or in the buffet.
- 8 treatments at the Marie de Bourgogne spa with a dedicated program:
- Day 1: 30 minute session venous and lymphatic drainage session with Chromo io s 21 or Cryo 21.
- Day 2: 1 hour access to the H2O area (sauna, hammam, sensorial shower) followed by a 10 minute slimming session of Cryo 21.
- Day 3: 30 minute slimming session with io s 21, electrostimulation.
- Day 4: 10 minute slimming session with Cryo 21 on a selected zone + 30 minute venous and lymphatic drainage session with Chromo io s 21.
- Day 5: 30 minute slimming session with Chromo io s 21.
- Day 6: 10 minute slimming session with Cryo 21.

OPTIONS

Parking - Garage 1 night	20,00 €
Upgrade in suite Grand Cru	600,00 €
Upgrade in suite Nectar	1 740,00 €

PRICE

2 313,40 €
for 1 person

AVAILABILITY

Contact us for more informations

**PRICE**

2 355,40 €
for 1 person

AVAILABILITY

Contact us for more informations

SILHOUETTE CHROMO 6 NIGHTS/6 TREATMENTS

Enjoy a slimming experience thanks to the Chromo 21 (color therapy) at the Hotel Le Cep.

This gift box includes:

- 6 nights in your room of choice: 1er Cru, Grand Cru suite, Nectar suite.
- Breakfast in the room or in the buffet.
- 6 treatments at the Marie de Bourgogne spa with a dedicated program:
- Day 1: 30 minute venous and lymphatic drainage session with Chromo io s 21.
- Day 2: 30 minute slimming session with Chromo io s 21.
- Day 3: 30 minute slimming session with io s 21.
- Day 4: 30 minute slimming session with Chromo io s 21.
- Day 5: 30 minute venous and lymphatic drainage session with Chromo io s 21.
- Day 6: 30 minute slimming session with Chromo io s 21.

OPTIONS

Parking - Garage 1 night	20,00 €
Upgrade in suite Grand Cru	600,00 €
Upgrade in suite Nectar	1 740,00 €

**PRICE**

2 355,40 €
for 1 person

AVAILABILITY

Contact us for more informations

TONED BODY CHALLENGE 6 NIGHTS/6 TREATMENTS

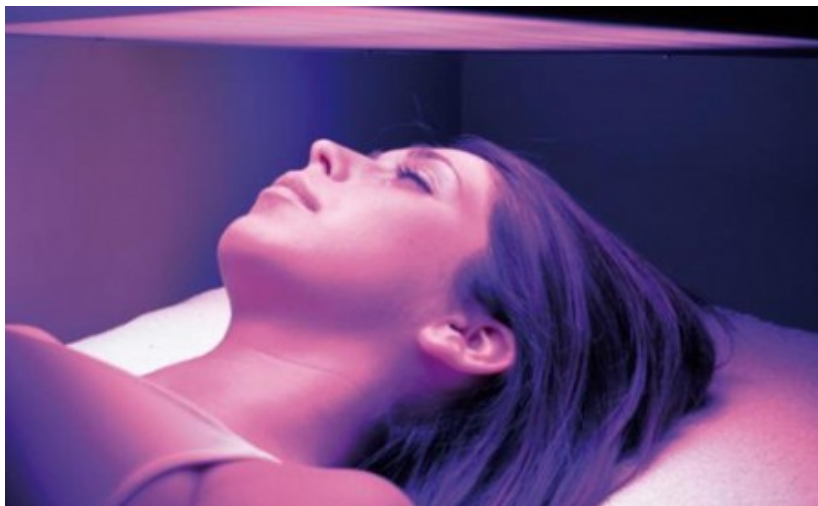
Enjoy a strengthening body challenge stay at the hotel Le CEP thanks to two technologies: the Cryo 21 (cold care) and the Chromo 21 (color therapy).

This gift box includes:

- 6 nights in a room of your choice: 1st Cru, Grand Cru Suite, Nectar suite.
- Breakfast in the room or in the buffet.
- 6 Treatments at the spa Marie de Bourgogne with a dedicated program:
- Day 1: 30 minute toning session with Cryo 21.
- Day 2: 30 minute toning session with Chromo 21.
- Day 3: 30 minute toning session with Cryo 21.
- Day 4: 30 minute toning session with Chromo 21.
- Day 5: 30 minute toning session with Cryo 21.
- Day 6: 30 minute toning session with Chromo 21.

OPTIONS

Parking - Garage 1 night	20,00 €
Upgrade in suite Grand Cru	600,00 €
Upgrade in suite Nectar	1 740,00 €



FIRM FACE CHALLENGE 6 NIGHTS/6 TREATMENTS

Enjoy a firming face challenge stay at the Hotel Le CEP thanks to two technologies: the Cryo 21 (cold care) and the Chromo 21 (color therapy).

This gift box includes:

- 6 nights in a room of your choice: 1st Cru, Grand Cru Suite, Nectar suite.
- Breakfast in the room or in the buffet.
- 6 Treatments at the spa Marie de Bourgogne with a dedicated program:
- Day 1: 30 minute Vinésime facial treatment + 10 minute facelift session with Cryo 21.
- Day 2: 30 minute session with Chromo 21.
- Day 3: 10 minute revitalizing session with Cryo 21.
- Day 4: 30 minute session with Chromo 21.
- Day 5: 10 minute toning session with Cryo 21.
- Day 6: 30 minute session with Chromo 21.

PRICE

2 090,40 €

for 1 person

AVAILABILITY

Contact us for more informations

OPTIONS

Parking - Garage 1 night	20,00 €
Upgrade in suite Grand Cru	600,00 €
Upgrade in suite Nectar	1 740,00 €

**PRICE**

734,80 €
for 1 person

AVAILABILITY

Contact us for more informations

SPORTS GETAWAY 2 NIGHTS/6 TREATMENTS

Enjoy a sensational weekend at the Hotel Le CEP.

This stay includes:

- 2 nights in a room of your choice: Village, 1st Cru, Grand Cru Suite, Nectar suite.
- Breakfast in the room or in the buffet.
- 6 Treatments at the spa Marie de Bourgogne with a dedicated program:
- Day 1: 30 minute waterbike session + 30 minute pressure therapy session.
- Day 2: 1h electric bike session + 15 minute cryotherapy session.
- Day 3: 1 hour access to the H2O area + 1 hour deep tissue massage.
- Fitness room available during your stay.

OPTIONS

Parking - Garage 1 night	20,00 €
Upgrade in 1er Cru	160,00 €
Upgrade in suite Grand Cru	360,00 €
Upgrade in suite Nectar	740,00 €



SPORTS AND DISCOVERY ESCAPE 6 NIGHTS 12 TREATMENTS

Come and rejuvenate at the Hotel Le CEP with a complete relaxation program.

This stay includes:

- 6 nights in a room of your choice: 1st Cru, Grand Cru Suite, Nectar suite.
- Breakfast in the room or in the buffet.
- 12 treatments at the spa Marie de Bourgogne with a dedicated program:
- Day 1: 1 hour access to the H2O area + 30 minute waterbike session.
- Day 2: 1 hour access to the H2O area + 1 hour deep tissue massage.
- Day 3: 1h electric bike session + 15 minute cryotherapy session.
- Day 4: 1 hour access to the H2O area + 30 minute session of relaxed Chromo 21 with Pressure therapy.
- Day 5: 30 minute waterbike session + 30 minute Pressure therapy session
- Day 6: 30 minute Le Cep massage + 30 minute Vinésime facial treatment.
- Fitness room available during your stay.

PRICE

2 391,40 €

for 1 person

AVAILABILITY

Contact us for more informations

OPTIONS

Parking - Garage 1 night	20,00 €
Upgrade in suite Grand Cru	600,00 €
Upgrade in suite Nectar	1 740,00 €

