



WELLNESS LUXURY HOTEL

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WELLNESS LUXURY HOTEL

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# TAKE CARE OF YOURSELF

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## ONCE UPON A TIME

When a father and his daughter decided they wanted to create the hotel of their dreams, Lily of the Valley was born – a place that's synonymous with elegance and wellness.

Throughout the year, the hotel offers its guests a refined and welcoming setting where they can pursue their weight loss objectives. Lily of the Valley promises that you'll love losing weight.



Philippe Starck  
Designer



## IN HARMONY WITH NATURE

«I designed a village that feels absolutely natural, that fits in with its surroundings. Everything comes together in such perfect harmony that it seems as if it's always been there. This is a place that welcomes you at any time in your life, at any time of the year.»

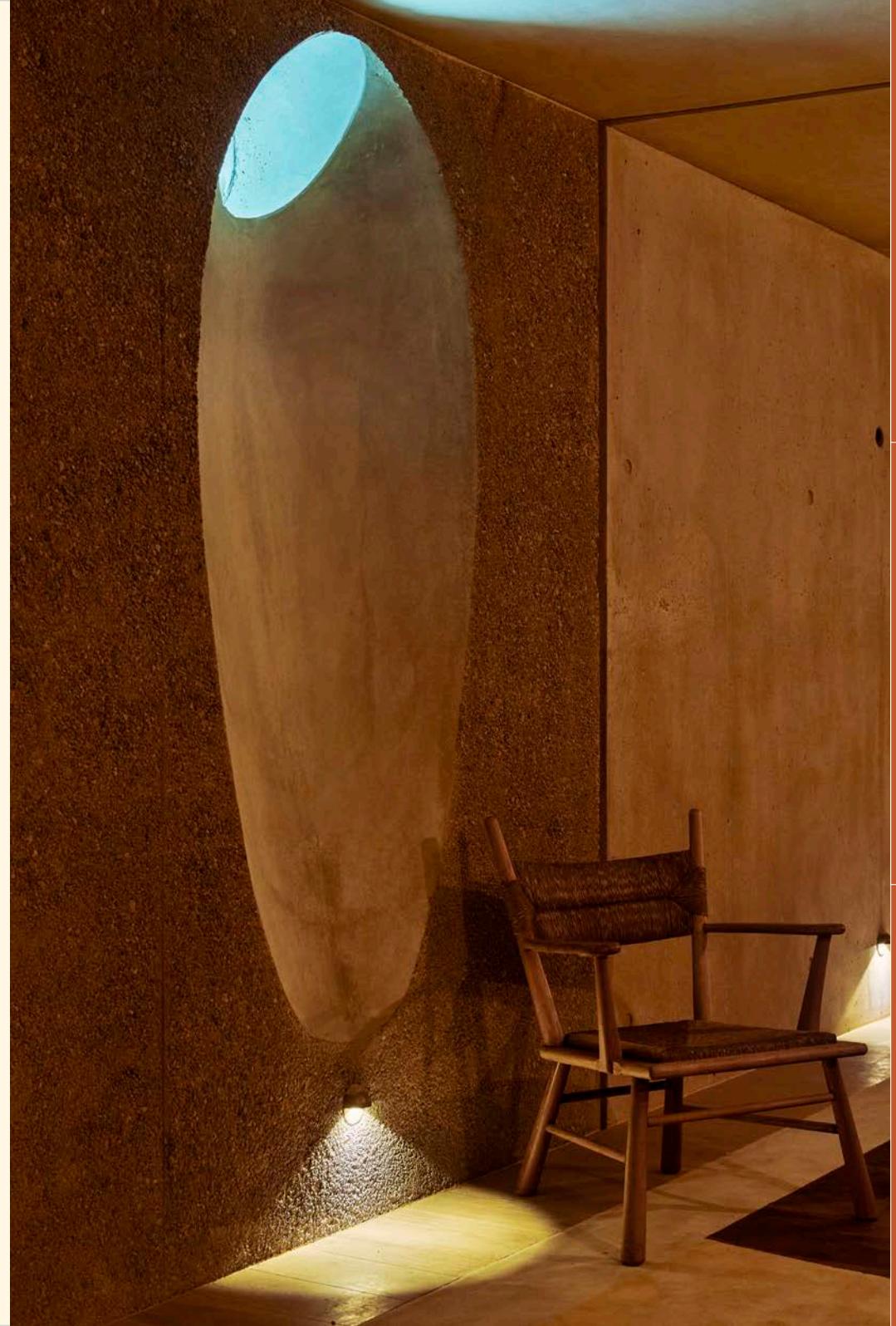
Philippe Starck

The setting is simply dazzling. Overlooking the Mediterranean Sea, just a few miles from the legendary Place des Lices square in Saint-Tropez, you'll find Lily of the Valley nestled in the landscape.

Inspired by the Hanging Gardens of Babylon, the architecture of Provençal abbeys, and the style of Californian villas, Philippe Starck created a hotel that does not impose itself on nature, but adapts to it, and seems almost to become a part of it.

Within this lush, natural environment, Philippe Starck conceived and designed, from start to finish, an entire «village» of small houses that blend in with the surroundings – and with the region.

Using contemporary materials, Philippe Starck has put his own, imaginative stamp on an architecture that draws inspiration from ancient landmarks. The result is a very special place where everything seems to flow. A place where the light, the colors and the vegetation form a natural link between the outside and inside. A place that's private, peaceful and welcoming, where man and nature come together, and where life feels good.





## THE BEACH

Below the hotel lies the fine sandy beach of the Plage de Cigaro, which stretches for six kilometers. At one end, on the edge of the pine forest, Lily of the Valley has set up its own private beach.

From dawn till dusk, you'll find restaurants, a bar, and many spots for sunbathing. Perfect if you'd like to relax in a welcoming, friendly environment full of charm.



WELLNESS LUXURY HOTEL

# FEEL AT HOME



HOTEL

SHAPE CLUB

RESTAURANTS



## SPACE, COMFORT AND ELEGANCE, WITH VIEWS ONTO THE MEDITERRANEAN

Lily of the Valley is like a village in itself, a place where everything feels refined. Earth, exposed concrete, polished marble, local and exotic woods, and natural leathers come together in a sublime harmony. Intelligently and elegantly, Philippe Starck has created a warm atmosphere that exudes Mediterranean charm.

Perched on the top of a hill, Lily of the Valley boasts 38 rooms and six suites with a surface area of 35 to 105 m<sup>2</sup>. Below the hotel and facing the Beach Club are eight pool suites, their size ranging from 86 to 210 m<sup>2</sup>. Surrounded by the landscape of the Mediterranean, each one elegantly combines luxury with privacy.





## ROOMS

With a surface area of 40 m<sup>2</sup>, the 38 rooms at Lily of the Valley are true mineral «houses» that blend in with the wild nature around them. There is no unpleasant noise, there are no unpleasant views. And each one opens onto a spacious, 15 m<sup>2</sup> terrace adorned with plants.





HOTEL

SHAPE CLUB

RESTAURANTS

## SUITES

Both spacious and elegant, the 6 suites at Lily of the Valley have a size of 80 to 105 m<sup>2</sup>. Facing the sea, they're surrounded by pine trees or open onto a private garden. These suites consist of two comfortably sized rooms, or one large space.

All Lily of the Valley suites feature a large, 30 m<sup>2</sup> terrace, which looks onto the Mediterranean or the Cap Lardier estate - the green lungs of the Riviera.





HOTEL

SHAPE CLUB

RESTAURANTS



## POOL SUITES

Boasting both a large private garden and pool, the 8 pool suites at Lily of the Valley range in size from 90 to 230 m<sup>2</sup>.

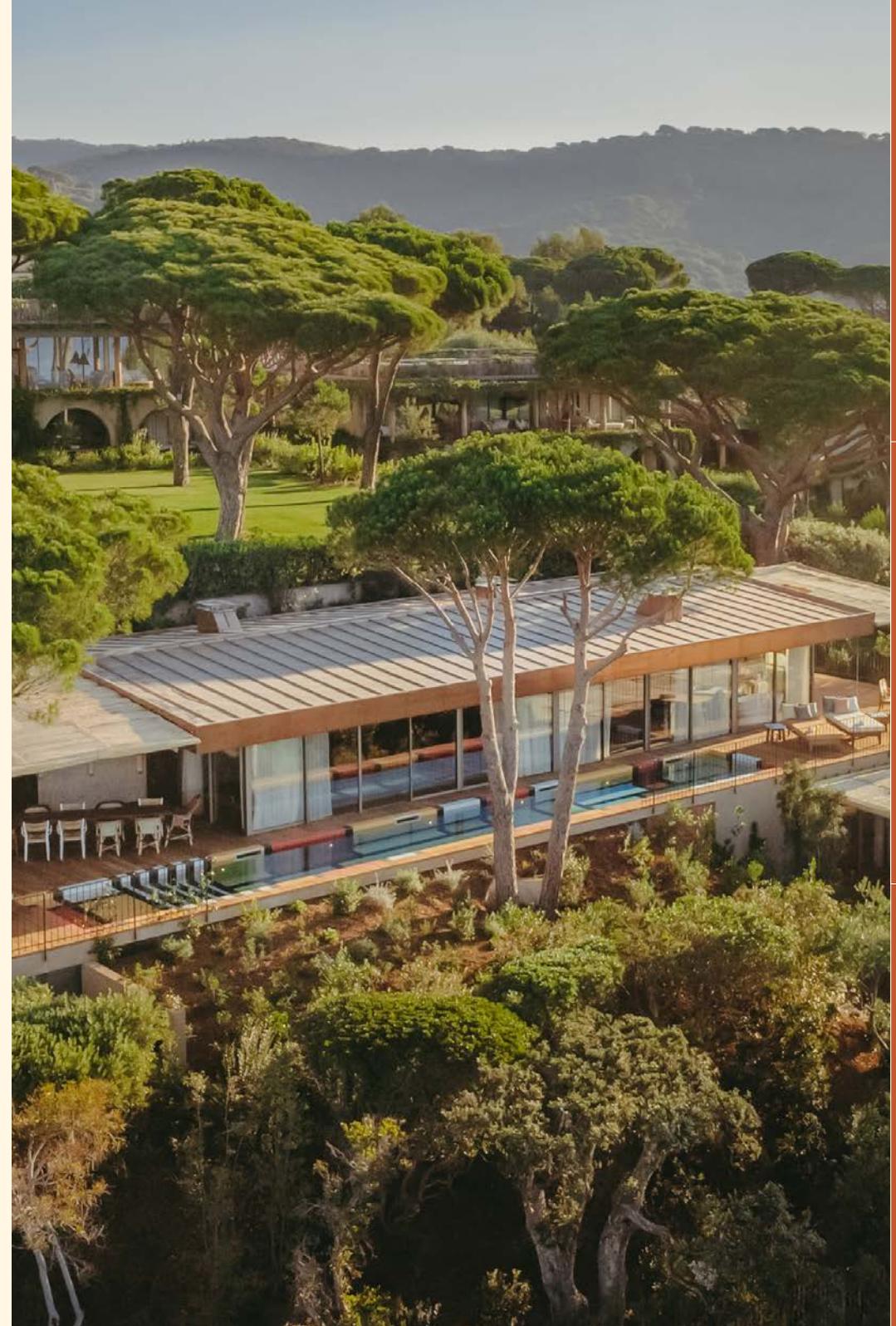
Overlooking the beach, below the hotel, and surrounded by the landscape of the Mediterranean, each one is set in a stunning location that elegantly combines luxury with privacy.



## VILLA W

Villa W boasts views that have remained unchanged for 200 years. It's the same breathtaking 180° panorama that guests can enjoy from Lily of the Valley's main terrace – one that takes in the entire bay of Gigaro.

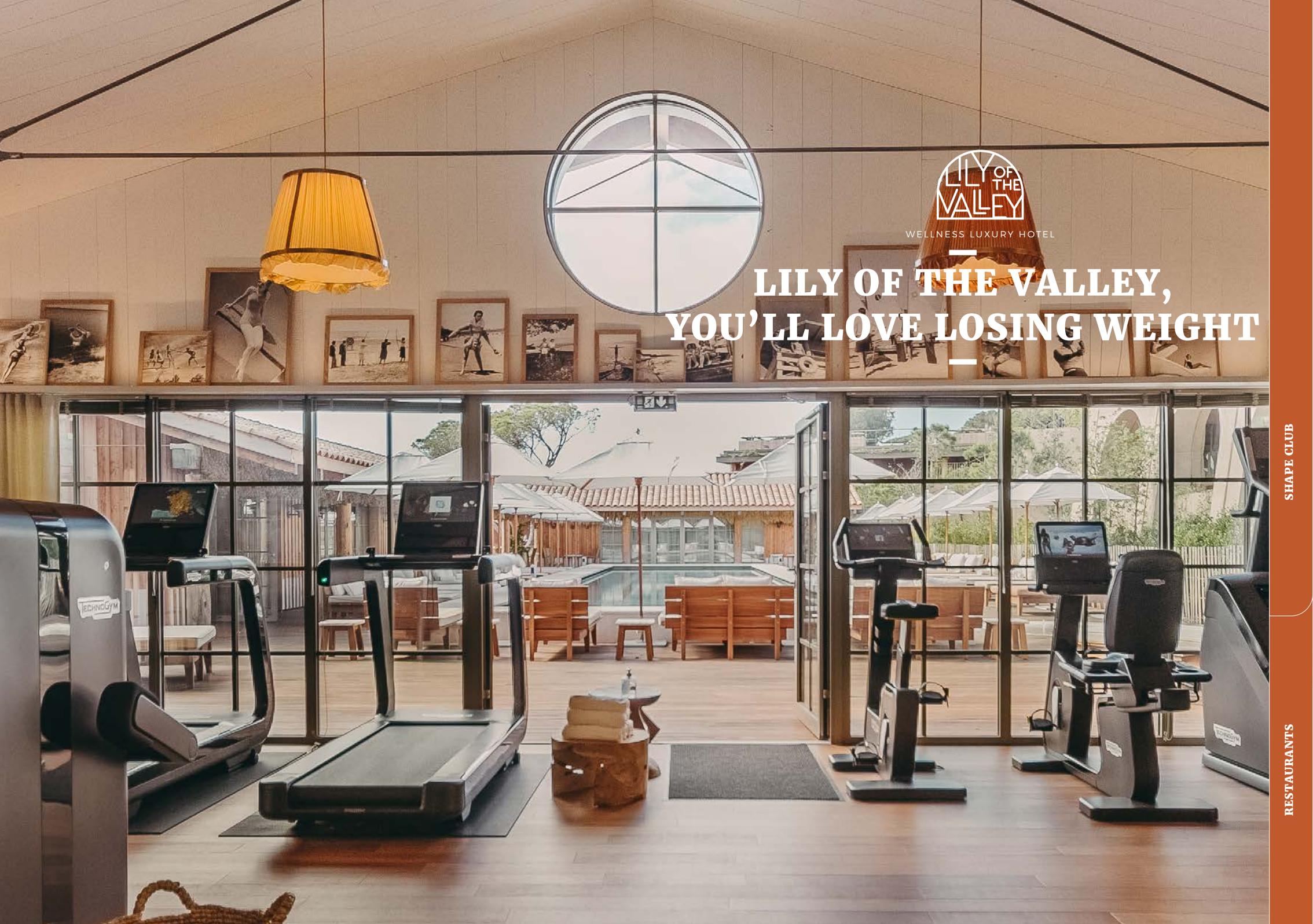
Villa W can accommodate up to six guests on two levels. With a surface area of 250 m<sup>2</sup> and a 100 m<sup>2</sup> terrace, it offers views of the sea as well as its own private gardens and pool. There's a large living area, one master bedroom and two guest rooms, each with their own private terrace and views onto the Mediterranean.





WELLNESS LUXURY HOTEL

# LILY OF THE VALLEY, YOU'LL LOVE LOSING WEIGHT



SHAPE CLUB

RESTAURANTS



## THE SHAPE CLUB FACILITIES

Lily of the Valley specializes in combining weight loss with pleasure. You can enjoy sports facilities and watersports activities, support from a team of experts, and fine cuisine that will still help you to lose weight. Everything has been thought of to ensure that guests can pursue their weight loss goals in a warm, welcoming, luxurious setting.





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## YOU'LL LOVE LOSING WEIGHT

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At Lily of the Valley, a team of professionals advised by nutritionist Jacques Fricker applies his «TCV» method through three distinct programs focused on weight loss.

### OPTIMAL WEIGHT & SERENITY INTENSIVE WEIGHT LOSS WEIGHT LOSS & SPORT

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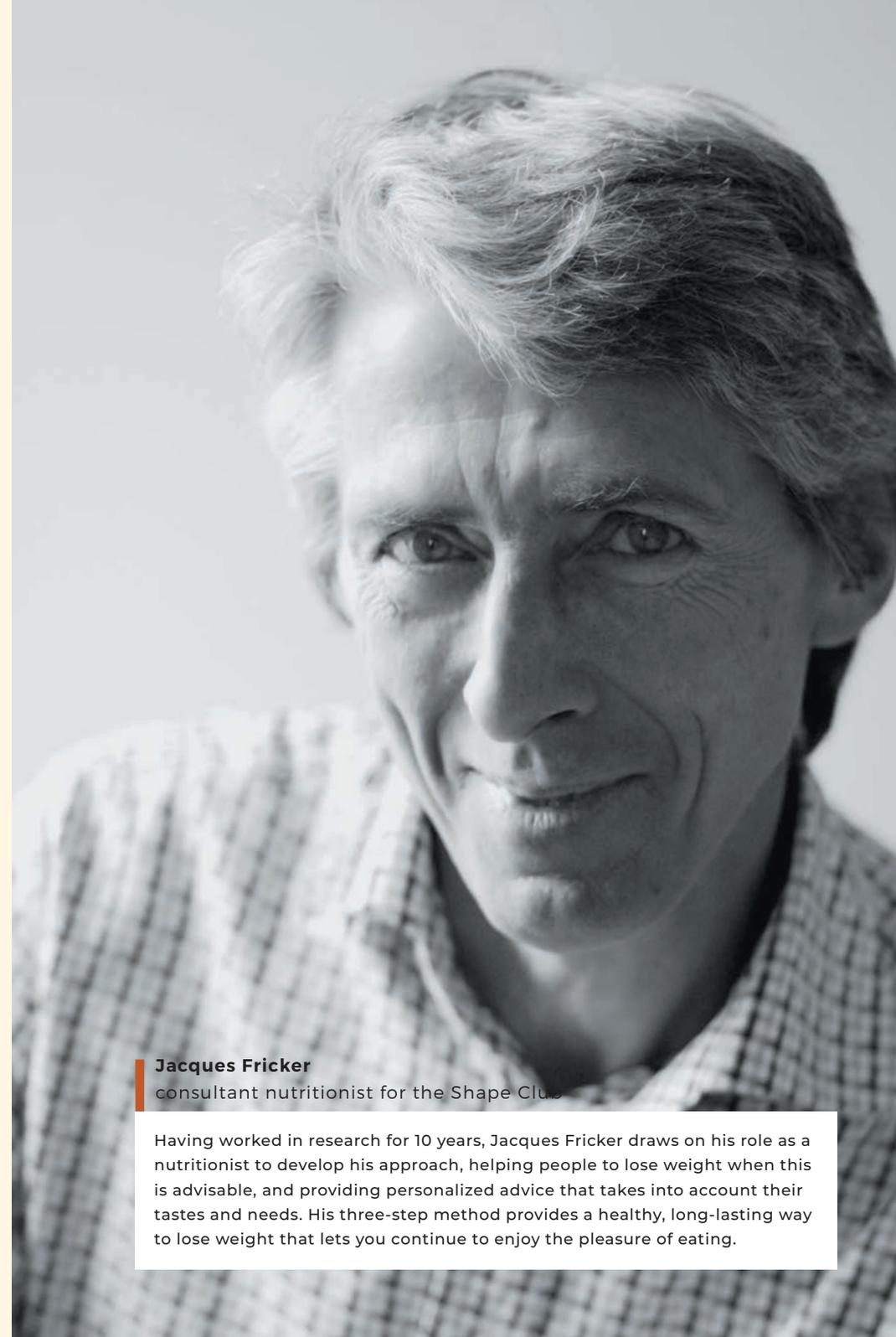
With 2,000 m<sup>2</sup> devoted to sport, wellness and getting in shape, Lily of the Valley welcomes you all year round. Whether you stay for four, seven, ten or fourteen days, we're here to help you achieve your weight loss goals.

As part of your program, you'll be given support during the first «high speed» phase of the «TCV» method, which focuses on losing weight quickly.



## JACQUES FRICKER, CONSULTANT NUTRITIONIST FOR LILY OF THE VALLEY

Jacques Fricker has developed a three-step method that has stood the test of time and trends. Called the «TCV» method, it's an approach that's appreciated by many as it's based on a balanced diet, flexible, and lets you continue to enjoy the pleasure of eating. This is the philosophy that's applied at the Lily of the Valley Shape Club.



**Jacques Fricker**  
consultant nutritionist for the Shape Club

Having worked in research for 10 years, Jacques Fricker draws on his role as a nutritionist to develop his approach, helping people to lose weight when this is advisable, and providing personalized advice that takes into account their tastes and needs. His three-step method provides a healthy, long-lasting way to lose weight that lets you continue to enjoy the pleasure of eating.



## FOUR PILLARS TO ENSURE YOU LOVE LOSING WEIGHT

1

### TREATMENTS

90 minutes of treatments each day.

2

### SPORT

1 hour of coaching each day.  
A variety of fitness excursions.

3

### WEIGHT LOSS CUISINE

Luxurious menus, compatible with your weight loss goals.

4

### WELLNESS & MONITORING

Personalized, daily monitoring by our wellness advisors.



## FOUR DURATIONS ACCORDING TO YOUR NEEDS

4

DAYS

### DISCOVER

7

DAYS

### REBOOT

10

DAYS

### RESET

14

DAYS

### REBORN



WELLNESS LUXURY HOTEL

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# SHARING AND CONVIVIALITY AROUND THE TABLE

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**Vincent Maillard**  
Food & Beverage Manager and Chef



## CHEF VINCENT MAILLARD: BRINGING DELICIOUS, LOCALLY SOURCED INGREDIENTS TO YOUR PLATE

Drenched in sunshine and filled with color, the Mediterranean region offers an incredible palette of flavors. Chef Vincent Maillard showcases the region's ingredients in local, seasonal cuisine.

### CHEF VINCENT MAILLARD

Immersed in kitchen life from his teenage years, Vincent Maillard learned the profession with some of the greatest chefs, including Guy Savoy and Alain Ducasse. As head chef at Lily of the Valley, he's responsible for all the hotel's food operations. The hotel's philosophy reflects his values: respect for the produce and nature, and a focus on authenticity and well-being.





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**LE VISTA  
A TASTE OF  
THE MEDITERRANEAN  
WHILE YOU GAZE  
ONTO IT**  
—

With its warm, convivial atmosphere, the Le Vista restaurant has something for every moment of the day, from a generous breakfast buffet to a last drink on the terrace in the moonlight. Enjoy its Mediterranean menu with hints of Provence as you gaze at the sea, or bask in the warmth of the fire.





**LE CLUB HOUSE  
GOOD FOOD  
ALL DAY LONG**

Small in size but big on charm, Le Club House is open throughout the day. Offering light but satisfying snacks and meals, it's perfect for both fitness and food lovers who want to eat well and stay trim.





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## LA BRIGANTINE ELEGANT. EXQUISITE. EXTRAORDINARY.

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A unique terrace at the water's edge, La Brigantine could almost have come from the other side of the world. And yet here it is, a breath away from the sands of the Plage de Gigaro. A showcase for traditional Italian cuisine, it's the perfect place to explore all the flavors of Italy, from the Northern lakes to Sicily.





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**PEPE**  
**THE PERFECT SPOT**  
**FOR A SNACK OR DRINK**  
—

For those who want to grab a quick snack or drink by the beach, P  p   is the place to go. Both the place and the food have a distinctly Italian feel, and there are plenty of fresh, appetizing options to tantalize your taste buds while you chat with friends, take in the view, and relax...





## ADDITIONAL INFORMATION

### CONTACT

[lilyofthevalley.com](http://lilyofthevalley.com)  
[presse@lilyofthevalley.com](mailto:presse@lilyofthevalley.com)  
Tél +33 (0)4.22.73.22.00

### HOW TO GET THERE

Hôtel Lily of the Valley  
Colline Saint-Michel  
Quartier de Gigaro, 83420 La Croix Valmer - France  
GPS : Latitude : 43,1880 / Longitude : 6,5946

Can be accessed by helicopter from Nice in 20 minutes.

Ramatuelle: 6 km  
Saint-Tropez: 12 km  
Cannes: 93 km

Nice International Airport (110 km)  
Toulon-Hyères Airport (50 km)  
La Môle - Saint-Tropez Airport (16 km)

 Lily of the Valley Hotel  
 @lilyofthevalleyhotel





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