



HEALTH WORKSHOPS, for adults and children

Dermatology

- ✓ Take care of my skin and calm my itching (7€)

This workshop provides expert advice on hydrating and moisturizing your skin, as well as practical tips and techniques to relieve itching

- ✓ Emollient application for children (10€)

Turn a constraint into a game and have a special moment between parent and child to better accept the treatment.



Physical Activity

15€ per workshop

- ✓ Adapted Gym
A workout suitable for everyone, combining muscle strengthening, flexibility exercises, postural and breathing work to maintain your fitness and vitality.
- ✓ Endurance Circuit
A mix of muscle strengthening, cardio-respiratory exercises, balance, and mobility work. Each participant progresses at their own pace.
- ✓ Oxy'Gym
An adapted outdoor workout. A combination of walking, muscle strengthening, and stretching exercises in nature for optimal oxygenation.

Self-image

- ✓ Medical make-up group (20€)
- ✓ Medical make-up individual (40€)

This technique of corrective make-up, for women and men, helps you cover and correct skin imperfections on the face or body.

Lecture

FREE

- ✓ Welcome meeting

Welcome and Information Session on the Avène Thermal Treatment

Registration is required to participate in the workshops

For inscriptions and more information you can contact us :



- ☎ +33 (0).67.23.37.54
- ✉ ateliers.thermes.avene@pierre-fabre.com
- 🌐 online booking via the website

CENTRE THERMAL
Avène



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