

## DUKAN DIET PROGRAMME

Experience the **successful diet programme** of the famous French **Doctor**, **Dr Pierre Dukan**, along with the most advanced **weight loss treatment** for **RAPID AND LASTING RESULTS!**



*Take • refuge • from • the • norm*

A member of  
*The Leading Hotels of the World®*

## SEVEN DAYS TO DISCOVER HOW TO LOSE WEIGHT AND NOT REGAIN IT...

*The Residence Tunis and its magnificent Thalasso-Spa, “Les Thermes Marins de Carthage” is much more than a pampering spa and has for many years offered its guests treatments and programmes to improve their health and wellbeing. The management and doctors at the spa regularly consult experts in the fields of nutrition, weight loss, anti-ageing and cellulite reduction in order to continually update their existing programmes with latest research and techniques and develop new ones that integrate the scientific advances in each area. The team of therapists frequently undertake courses and learn new techniques to ensure treatments are the most effective, efficient and up-to-date.*

The Residence Tunis is proud to announce the launch of the exclusive **DUKAN DIET**, a revolutionary slimming programme, which not only enables you to shed your excess pounds and reach your “true” weight, but also teaches you how to stabilise your metabolism and maintain your new “true” weight for life.

This programme combines the most effective techniques to create the ultimate weight loss programme.

- Dr Dukan’s nutritional diet, proven effective over years of research
- Cutting edge treatments for cellulite reduction, toning or shaping, designed by world renowned experts such as Dr Philippe Blanchemaison and Martine de Richeville
- High performance equipment and targeted slimming techniques
- A wide range of physical activities to suit all fitness levels
- One-on-one support from our staff to guide and encourage you
- Educational and instructive aids to assist you during and beyond your programme

***This unique combination is a winning formula in  
the battle to achieve and maintain your ideal weight.***



# THE DUKAN DIET OR DURABLE SLIMMING WITH PLEASURE!

Dr Pierre Dukan, the famous French doctor and author, has specialised in nutritional behaviour and re-education for the past thirty years and has written many successful books on the subject. Years of research and patient trials have resulted in the creation of his revolutionary “DUKAN DIET”, a high-performance slimming method which not only enables one to lose weight quickly, but more importantly, teaches you how to maintain your “true” weight for life. After all, why make all that effort to lose weight only to put it straight on again, or even worse, continually increase your weight due to the “yo-yo” effect of failed dieting.

Dr Dukan’s book “Je ne sais pas maigrir” (I Don’t Know How to Lose Weight) was met with great acclaim on its publication in France and has now been translated into nine languages and is available in 20 countries, boasting a readership of over one million worldwide. In May 2010, the English version was launched under the name of “The Dukan Diet” and is already a hit in the UK book charts and among consumers.

## A METHOD THAT WORKS – THE FIGURES SPEAK FOR THEMSELVES

In May 2005 Dr Dukan and his team published the first “Book of My Weight”. On 17th October 2006 they celebrated their 10,000th personalized copy. At the end of this 18 month period a survey was launched\* to test the success of the Dukan method to date. The results showed an 83% success rate in weight stabilization between 6 and 12 months of completing the diet.

A year later, for those who had initially achieved their “true” weight, the rate of stabilization between 18 months and 2 years was 62% - a far superior result to those recorded by other weight loss methods.

\*Apage survey



## WHY MAINTAINING YOUR WEIGHT LOSS IS MORE DIFFICULT THAN LOSING IT

The vital functions of an organism are genetically programmed, including the weight control's ones, as they are essential for survival. This complex function concerns hunger and satisfaction, which relates directly to food intake and energy spent.

This highly complex function has been programmed since the origins of our species in order for man to survive in a difficult environment where it was necessary to fight for food. However, we no longer hunt and gather our food but live in a world full of abundance and choice, so are constantly faced with the temptation to consume.

However, the body is unaware of abundance and still functions according to its natural survival instinct. It continues to manage its reserves, its

hunger and satisfaction, according to its physiology and the ancestral message, which urgently demand the replacement, by all means, of the fatty reserves lost during a diet.

Your body does not understand that you purposefully try to lose weight. Quite simply, it feels that it is lacking basic energy and, therefore, in order to survive it draws from its strategic reserves. Therefore, in biological panic, your body reverts to its highly effective survival instincts.

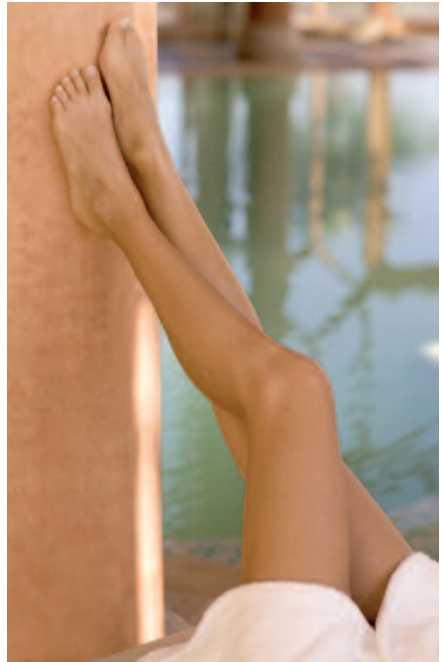
This is why weight loss is so difficult and requires that specific methods are adopted in order to overcome this problem – methods which are effective, simple and prevent regaining weight.

**We are going to teach you how to succeed in your fight against excess weight and, more importantly, how to maintain this newly achieved weight loss in defiance to your body's natural reaction. We will teach your body to understand that once you return to your normal eating habits there will be no need to call on your reserves and thus your weight will stabilize – and you will have won your battle!**

## THE CONCEPT OF A “TRUE WEIGHT”

according to Dr Pierre Dukan

Because each person is different, a standard human weight does not exist. Weight is specific to each individual and therefore knowing ones TRUE WEIGHT prior to commencing a diet is essential. Your TRUE WEIGHT is your ideal weight, one which can be achieved without affecting ones health or moods, and above all, it is the weight which one has the best chance of maintaining. Before beginning the weight loss programme at the hotel, 11 key parameters will be analysed in order to determine your TRUE WEIGHT.



**Our mission is to teach you how to lose your excess weight and achieve your TRUE WEIGHT in an effective and sustainable manner and maintain it for life.**

## THE UNIQUE PRINCIPLES BEHIND THE PHENOMENAL SUCCESS OF THE DUKAN METHOD

### Efficiency

Each person that strictly follows this programme is assured of losing weight and achieving their TRUE WEIGHT. The efficiency of the programme enables initial rapid weight loss giving a euphoric sense of lightness which reinforces ones motivation, self-confidence and esteem. This instant motivational “high” propels continual and regular weight loss until your goal is achieved and maintained.

### Simplicity and Freedom

The programme offers a clear and simple framework based on 100 regular food products, of which 72 are rich in protein and 28 are vegetables. With complete freedom to eat at will, at any time of the day and to mix foods according to one’s desire, makes this the one diet where you never need feel hunger.

### A Solid Structure

This is a plan which provides both direction and support and offers a comprehensive framework. This programme simplifies the follow-up, reduces frustration and encourages individual commitment. It is a tool which enables one to know what to do, what to eat and how to exercise at any particular moment in order to achieve ones goal and, above all, maintain your “true” weight.

### Definitive Stabilization

The revolutionary aspect of the Dukan Method is that if followed correctly it offers the chance to maintain ones “true weight” for life. There is no question of being restricted by a diet for life. Our objective is to help you lose weight whilst giving you effective and painless means which you can adopt and use for life in order to maintain your TRUE WEIGHT.

The Dukan Diet is not recommended in the following cases: Serious depression, insulin-dependent diabetes, pregnancy, heart and kidney problems.



# THE 4 PHASES OF THE DUKAN DIET

## Phase 1 ATTACK

Short and sudden, its purpose is to get you started quickly and with determination so that you lose as much weight in as short a time as possible thereby boosting your metabolism and motivation. This phase, a real psychological trigger, has a lightening effect in the slimming of the body.

*According to the weight you must lose, this phase lasts between 2 to 4 days at the hotel.*

## Phase 2 CRUISING

This phase takes over from the Attack phase to continue your weight loss in a more gentle manner and lasts until you achieve your “true weight”. It enables you to lose up to two pounds (1kg) per week and must be followed strictly until your TRUE WEIGHT is achieved.

## Phase 3 CONSOLIDATION

As a transition between diet and non-diet, this “post weight loss” phase lasts 10 days for every 2 pounds (1 kg) lost. Its role is to introduce new food groups into a precise programme enabling you to cease slimming, and yet not gain weight. This consolidation, aimed at avoiding a relapse, is more complex and technical than losing the weight. However, we will be there to guide you step by step during this phase until you are ready to embark on the final phase.

## Phase 4 STABILIZATION

By the time you reach Phase 4, the hardest part of the programme is behind you. With the help of three simple measures, we will teach you how to maintain your TRUE WEIGHT. These measures are highly effective, consistent and painless, but must continue to be followed over a long period of time. You will be able to eat more spontaneously with a new attitude to food – as well as maintain your enviable new figure.

## THE DUKAN DIET & CELLULITE

Cellulite starts off as an ordinary fat which progressively, under the influence of its localisation, its genetics and the combination of female hormones, becomes trapped in a matrix of connective tissues. This is the reason why cellulite responds so badly to the majority of diets. The Dukan Method proposes a diet in which proteins alternating with vegetables, provides the best chance of releasing the water and salt trapped in the pads of cellulite. Because cellulite is not necessarily linked to being overweight, a specially conceived programme for a “slim person’s cellulite” has been created with a specific follow-up plan.

# YOUR PROGRAMME IN DETAIL



## TWO SPECIALISTS PRESCRIBE THEIR EXPERT TREATMENT IN THE FIGHT AGAINST CELLULITE

**Dr. Philippe Blanchemaison**, a vascular phlebology doctor for the past 20 years, is the author of numerous articles and medical books and journals. He has been consulting with The Residence Tunis since 2006 and according to Dr Blanchemaison, the most effective way to reduce cellulite is to use muscles which are rarely used in traditional gym sessions. With his experience, Dr Blanchemaison has developed the following exercises.

*(Duration: 50 min each)*

### Aqua-cycle

This is a special bicycle which is immersed in a pool with massaging water jets. The pressure of the water enables one to work, with gentle resistance, those muscles which are rarely used.

### Active vascular gymnastics

Specific and targeted gymnastic movements have been devised to work the muscles thoroughly and help the blood circulation of the body.

**Martine de Richeville**, a well-known expert on body-remodelling, has acquired a reputation as a leading specialist in slimming among her Parisian and international clientele. For many years she has successfully practiced her techniques, partly inspired by the teachings of Chinese medicine and eurythmic massage.

The physiotherapists at The Residence Tunis have undertaken a specialised course in order to practice **Martine de Richeville** exclusive body-remodelling programme.

### The Martine de Richeville remodelling technique (optional at a cost)

This toning and slimming massage works deep into the fatty and muscular tissues, it oxygenates the bone tissues, revitalizes the energy circuits and relaunches the metabolic functions. Little by little, the body rids itself of toxins and retained water.

The tissues, once supple again, regain their elasticity and it becomes possible to remodel them. This remodelling is one of the most recommended massages for old cellulite.

*Duration: 50 min*



## CUTTING EDGE TECHNOLOGY TO BENEFIT YOUR FIGURE

### THE EQUIPMENT

#### **VIP Complex®** (optional at a cost)

This electro-stimulation machine eliminates diffused or localised fats while firming the tissues and toning the muscles. This treatment is ideal for the reduction of fats, toning of the muscles and tissues and remodelling of the breasts.

*Duration: 30 min*

#### **Endermology/Cellu M6®**

This treatment involves a simultaneous double-action. With a pulsating, rolling action and a suction of the tissues, it eliminates fats and activates blood and lymphatic circulation. It is ideal for toning, rejuvenating and firming the skin.

*Duration: 30 min*

#### **Power Plate®**

Based on high speed vibrating therapy, Power Plate stimulates contractions in all the muscles of the body. Depending upon one's posture, the buttocks, thighs, abdominals, arms etc are made to work effectively but painlessly. It is ideal for refining muscles, diminishing cellulite and improving blood circulation.

*Duration: 30 min*



### SPECIALISED TREATMENTS

#### **ADMINISTERED BY DOCTORS**

#### **Mesodissolution** (optional at a cost)

This very effective technique enables the reduction of localised fatty masses. It consists of small, painless injections of 100% natural products beneath the epidermis which destroy localised fatty cells by dissolving them.

*Duration: 30 min*

#### **Mesotherapy Drainage** (optional at a cost)

This therapy involves painless injections of small doses directly into the areas to be treated. These small, painless, epidermal injections are done with diuretic products which help draining and circulation.

*Duration: 30 min*

#### **HYDROTHERAPY TREATMENTS**

#### **Multi-jet baths**

These baths provide a hydro-massage by multiple seawater jets strategically placed along the muscles to promote vascular circulation. This is a highly effective treatment not only for increasing circulation but also for the absorption of therapeutic elements through the skin.

*Duration: 20 min*

#### **Seaweed Wrap**

The application of warm seaweed to the entire body is followed by immersion into a steam cabinet in order to eliminate toxins. Full of iodine and mineral elements, the seaweed will recharge your body with therapeutic minerals and induce toning.

*Duration: 20 min*

#### **Multi-jet baths**

Tonic and circulatory massage provided by the pressure of an underwater jet to help to eliminate cellulite, strengthen muscles and tone the skin.

*Duration: 20 min*

## ...NOT FORGETTING THE MORE TRADITIONAL TREATMENTS FOR SLIMMING AND TONING

### TRADITIONAL MESSAGES

Complementing the best technological equipment, our team of expert therapists will offer you two of our core treatments to drain, regenerate and tone your body.

#### Lymphatic drainage

This massage technique using gentle pressure is aimed at stimulating lymphatic circulation and detoxification while at the same time boosting the immune system. Its beneficial effect is well-known in cases of varicose veins, cellulite and poor circulation.

*Duration: 30 min*

#### Full body massage

This is a deeply relaxing massage with a draining effect on cellulite and water retention problems (for women) and relaxation (for men).

*Duration: 45 min*



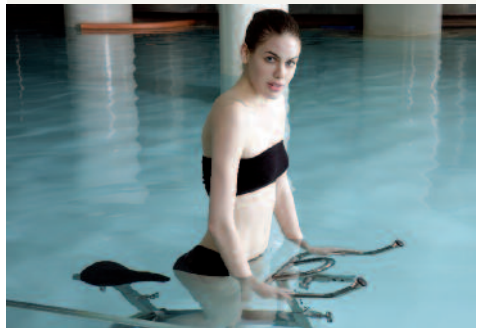
### PHYSICAL ACTIVITIES

In order to enable one's metabolism to flush out toxins and eliminate fats on a daily basis, a variety of activities will be recommended.



**Movement and exercise are a non-negotiable aspect of the Dukan Method.** During your consultation you will be prescribed an obligatory minimum amount of physical activity each day.  
*Duration: 30 min per day minimum*

**During your programme you will have the choice of AQUA-CYCLE, AQUA PILATES, AQUA FITNESS, FITNESS COACHING, POWER PLATE, MOVEMENT AND GYMNASTICS.**



## WELL-BEING & BEAUTY

**Our objective is to help you feel better about yourself and your body.**

For more than 40 years Darphin has dedicated its research to the well-being of the body and the mind by offering the very best in aromatherapy treatments. The Darphin philosophy is based on the innovative formulae of its exclusive essential oils which result in therapeutic and pleasurable top of the range treatments.

During your programme you can enjoy a one-hour Darphin treatment (for the body or the face) to be chosen from our spa menu.



### Anti-age Treatments

optional at a cost

Like most men and women, your goal and motivation is to lose excess weight in order to feel more attractive to both yourself and others. As a complement to the Dukan Diet we offer a variety of reparatory, anti-age treatments.

## AND TO MAKE YOUR STAY EVEN MORE ENJOYABLE

### Optional Recreational Activities

#### Walks

As an aide to the weight loss process we have created two interesting and enjoyable walks where you can discover some of the highlights of this beautiful coastline: the ruins at Carthage and the charming village of Sidi Bou Said.

#### Cooking Classes

During your stay you will be able to learn the secrets of the Dukan recipes in order for you to continue the diet at home with ease.

#### Golf Lesson

Whether you are a complete beginner or a seasoned player, you will have the opportunity to experience our stunning golf course during a one hour lesson.

If you decide you want to continue in this new found passion, our resident golf-pro will be delighted to help you improve your swing (ask about our golf lesson packages).

# YOUR DUKAN DIET PROGRAMME INCLUDES

## **2** MEDICAL CONSULTATIONS, **15** BODY & BEAUTY TREATMENTS & **11** ACTIVITIES TO HELP YOU ACHIEVE YOUR GOAL

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Throughout your stay at the hotel, you will enjoy a variety of treatments and activities to increase your self-confidence, relax your mind and rebalance your body on the journey to attaining your goal:

### **2** MEDICAL CONSULTATIONS

- ▶ On day 2 you will meet the doctor who will discuss with you your TRUE WEIGHT and weight loss programme according to the Dukan Method. You will also be weighed and measured.
- ▶ On your final day your weight and measurements will be recorded again. The doctor will give you all the necessary advice and information in order to attain, consolidate and maintain your TRUE WEIGHT in the future.

### **15** BODY & BEAUTY TREATMENTS

- 3 Body massages (45 min)
- 3 Multi-jet baths (20 min)
- 3 Seaweed body wraps (20 min)
- 2 Under-water showers (20 min)
- 1 Cellu M6® (30 min)
- 2 Lymphatic drainage (30 min)
- 1 Darphin treatment (1 hour for face or body)

### **11** ACTIVITIES

#### **6** MANDATORY PHYSICAL ACTIVITIES

1 per day to choose from:

- Aqua-cycle (30 min)
- Aqua-pilates (30 min)
- Aqua-fitness (45 min)
- Fitness coaching (30 min)
- Power plate (30 min)
- Active vascular gymnastics (30 min)

#### **5** OPTIONAL RECREATIONAL ACTIVITIES

- 2 walks
- 2 cooking classes
- 1 golf lesson



At the gates of ancient Carthage, flirting with the azure waves of the Mediterranean, The Residence Tunis and its sumptuous thalasso-spa marries the elegance of its Arab-Andalucian architecture with the refined services that one would expect from a member of “Leading Hotels of the World”.

Ideally located on a golden beach, 15 minutes from Tunis airport and Carthage, The Residence Tunis is an harmonious fusion of past splendours and modernity. This divinely glamorous palace offers 155 rooms and 9 suites luxuriously equipped and decorated in soft, peaceful tones. All the rooms have balconies of which most offer magnificent views over the pool and sea.

During your stay you will begin your battle against your excess pounds in the most comfortable and luxurious conditions. A hotel with refined services, an exotic and maritime environment in the gentle Tunisian climate. A well researched programme which is efficient as well as pleasurable and an experienced team to give you sensible and practical advice and encouragement, in addition to personalised treatments.

*The key to your success is here!*

### Les Thermes Marins de Carthage

Open daily from 9am to 9pm.

Located within the hotel, this 3500 m<sup>2</sup> luxurious Thalasso-therapy centre, with 30 treatment rooms and 6 spa cubicles, recreates the magical and serene atmosphere of the ancient Roman thermal baths and oriental hammams. Covered by a majestic, starred cupola and opening onto lush gardens and the ocean's horizon, the indoor sea-water pool offers a calming recreational circuit. An assortment of modern, high-performance equipment is available to you along with our team of multi-lingual specialists (doctors, hydro-therapists, physiotherapists, kines-therapists, and physical education teachers) who are there to assist you at all times. There is also a wide range of beauty and well-being treatments available through our Darphin range.



### An exceptional golf course designed by Robert Trent Jones II

Nearby the hotel, in the heart of a natural reserve where migrating birds and wildlife abound, you can experience our superb 18-hole golf course with magnificent views and fairways. The Residence Golf Club is the ideal place to practice your favourite sport or take lessons - all to the benefit of your slimming programme.



### Recreation

- Two swimming pools (Outdoor Pool – 1500 m<sup>2</sup> maintained at 25°C Nov-Apr, Indoor sea-water pool heated to 32°C year round)
- A private beach with sun beds from 15<sup>th</sup> May to the 15<sup>th</sup> October
- Tennis • Sauna • Hammam • Gym

### Children's Club

To enable you to get the most out of your programme, the multi-lingual and fully-qualified Dolphin Club team will take care of your children from 3-12 years old, free of charge. The hotel also provides a baby-sitting service at a charge.

*The Residence Tunis has chosen the orange blossom as its signature fragrance, which has soothing and calming qualities. It discreetly perfumes the glamorous atmosphere of the hotel and lingers in ones memory as a time of serenity.*



## INDULGE YOURSELF IN ALL OUR RESTAURANTS WITH OUR SPECIALIST DUKAN MENUS



**At all of our restaurants you will be able to experience  
“effective slimming with pleasure and satisfaction”.**

In order that you continue to find eating a pleasure rather than a constraint, our chefs have recreated Dukan Menus based entirely on the 100 authorised food products. Each of our 6 restaurants has created their own individual Dukan Menu offering starters, main courses and desserts within their speciality area. You can also enjoy the variety and abundance of our various buffet dinners, whereby permitted dishes will be labelled “Dukan”. If you want to enjoy a meal on your balcony, our room service menus and mini-bar will accommodate all your requirements.

### THE DUKAN PASS

Each person undertaking the DUKAN DIET programme will be given a special Dukan Pass. Whichever restaurant you choose to dine in, this pass allows you to order any food from a Dukan Menu and also to re-order another starter or main course without extra cost should you still feel hungry.



#### **L'Olivier**

Our main restaurant serves delicious Mediterranean dishes. Once a week, a buffet is also offered.

#### **The Li Bai**

In a refined Asian atmosphere, a wide variety of tantalizing dishes from the orient are served.

#### **El Dar**

The warm atmosphere of Tunisian homes with local cuisine. There is a weekly show with an oriental dancer.

#### **The Club House**

Overlooking the lake of The Residence Golf Course, this designer restaurant serves fresh grills and salads over lunch.

*Open from Spring to Autumn*

#### **The Poolside Bar & Grill**

Under the cool shade of a canopy overlooking the magnificent outdoor pool, you can indulge in fresh grills and salads to your hearts content.

#### **The Néroli**

Situated next to the “Thermes Marins de Carthage” The Néroli offers a delicious salad bar for lunch.

YOUR DUKAN DIET PROGRAMME CONSULTANT

# SEASONS

We live the places you'll love.

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or visit [www.cure.theresidence.com](http://www.cure.theresidence.com)



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Leading  
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The Residence Tunis

Boîte Postale 697

2070 La Marsa, Les Côtes de Carthage, Tunisia

T +216 71 910 101 - F +216 71 910 144

E [info-tunis@theresidence.com](mailto:info-tunis@theresidence.com) - [www.theresidence.com](http://www.theresidence.com)