

Destination n°1

Destination Reconnection & Rejuvenation

This Wellness Destination contributes to restoring a perfect balance between vital energy and emotional state. The journey begins with the elimination of accumulated toxins and tensions, before bringing both body and mind to a state of balance and harmony. A Destination that combines plenitude and renewal thanks to an experience that follows one's own rhythm.

BENEFITS

- Improve emotional well-being
- Adopt new healthy habits
- Maintain mind-body balance

L'Occitane Treatments

- Reset Face & Eyes
- Shea Nourishing Scrub
- Shea Ultra-moisturizing Body Wrap
- Sleep & Reset Massage
- Power Nap Massage
- Relaxing Aromachologie Massage
- Shea Nurturing Massage
- Listen & Feel Massage
- Almond Detoxifying Balance
- Leg Refresher With Essential Oils
- Made to Measure Facial (Of your choice)
- Made to Measure Massage (Of your choice)

Complementary Treatment

- Silhouette Massage

Energy Therapies

- Foot Reflexology
- Tui Na
- Chi Nei Tsang
- Korean Relaxation

Sports & Energy Arts

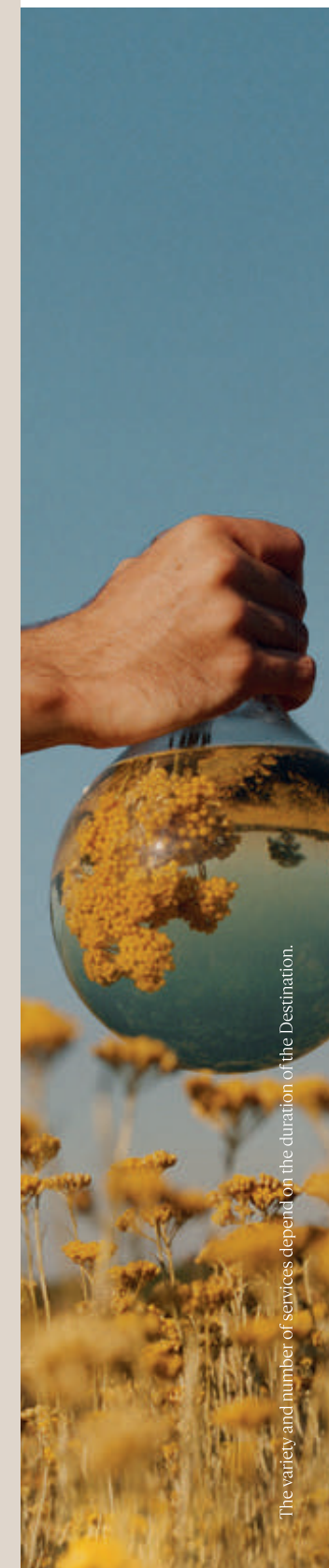
- Bike Rides
- Yoga
- Walk & Yoga
- Personal Training
- Group Classes
- Qi gong
- Meditation

Workshop

- Nature immersion Workshop
- Understanding your Skin Workshop
- Atelier Cuisine Sauvage

Holistic Service

- Naturopathy
- Sophrology Session
- Hypnotherapy



The variety and number of services depend on the duration of the Destination.