

THE BETTER-BEING DESTINATIONS

LE SPA
L'OCCITANE
EN PROVENCE



BETTER-BEING AS A DESTINATION

Since the 17th century, Le Couvent des Minimes has cultivated harmony between body and mind. These walls once housed apothecary monks, a garden of medicinal plants, and a patient wisdom passed down from generation to generation.

Drawing on the expertise and sensoriality of L'Occitane en Provence, this heritage now lives on through four Better-Being Destinations:

Longevity • Regeneration • Balance • Vitality

Our bespoke three-day programs combining treatments and activities, are designed as an invitation to reconnect with yourself, with others, and with nature.

Here, well-being becomes Better-Being.

Bienvenue.

OUR DESTINATIONS

Four bespoke programs combining treatments and activities to reconnect.

LONGEVITY

For better living

Nurture & preserve your resources
Adding life to your years

REGENERATION

For better sleep

Restore restful sleep
Slowing down to recover better

BALANCE

For better harmony

Rediscover balance between emotions,
sensations and mind
Recentring what daily life scatters

VITALITY

For better energy

Revive your physical & mental energy
Nurture your spark

All programs can be fully personalised to support you on
your journey toward Better-Being.

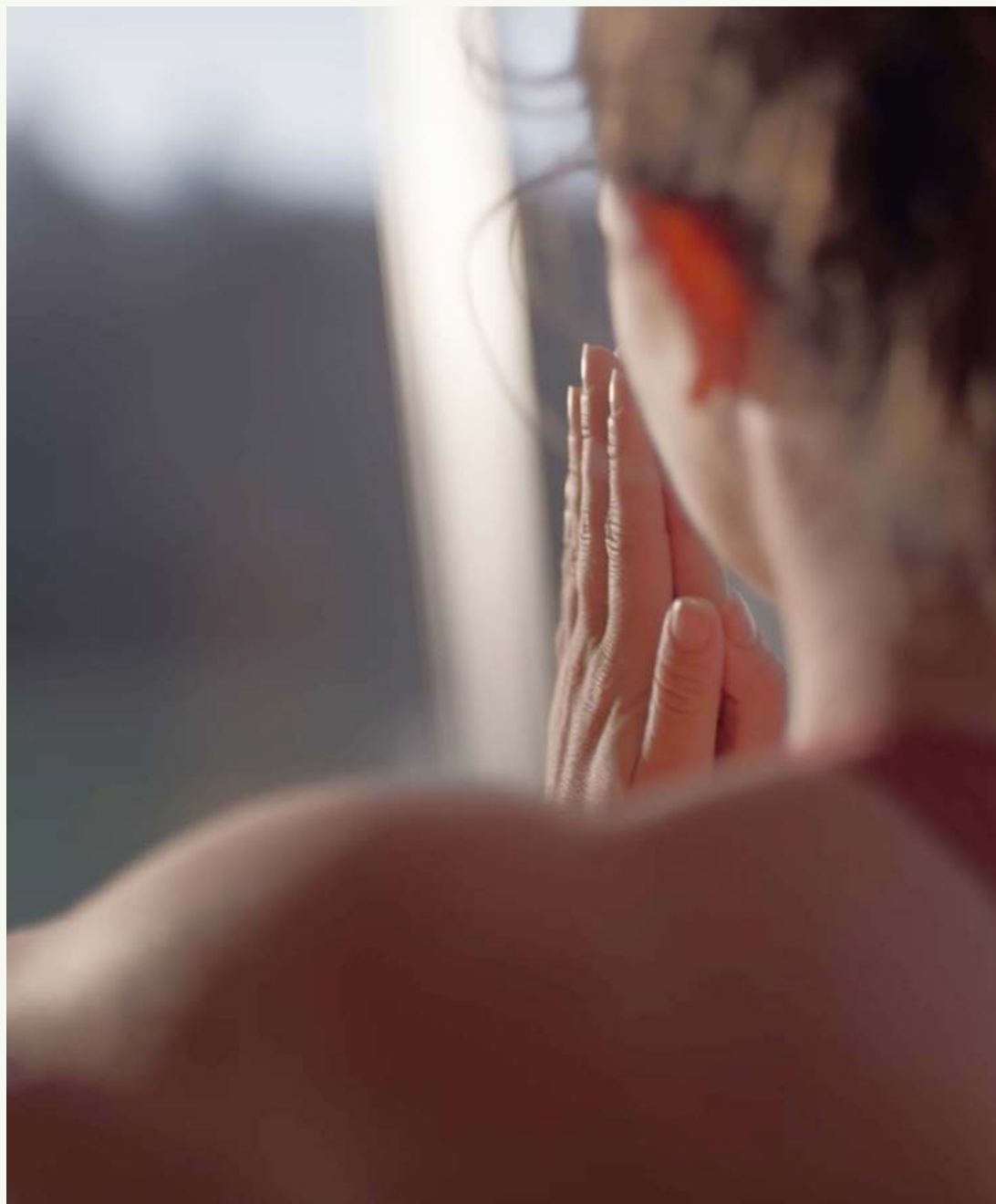
3 days from €1,450

Accommodation and meals not included.



BALANCE

RECENTERING WHAT DAILY
LIFE SCATTERS



BALANCE DESTINATION

In Provence, everything seems to move at just the right pace: the wind through the trees, the changing seasons, the shifting light.

The Balance program invites you to rediscover that same sense of inner harmony. Treatments, breathwork, somatic yoga and movement in nature come together to release tension, listen to the body and restore the connection between emotions, sensations and the mind.

A destination to come back to yourself, find your inner alignment and nurture a sense of harmony that stays with you long after leaving Le Couvent des Minimes.

CONSULTATION

Naturopathy

Follow-up recommendations

TREATMENTS

Made to measure - Face - 90'

Shea Scrub & Wrap - Body - 90'

Relaxing Aromachologie - Body - 60'

Listen & Feel - Body - 60'

Mind & Scalp- Body - 60'

Stone Harmony - Body - 90'

SPORT & ACTIVITIES

Access to Spa facilities

Somatic Yoga or Core & Stretching – 60'

Walking & Stretching – 60'

LE
**COUVENT
DES MINIMES**

UN HÔTEL & SPA L'OCCITANE EN PROVENCE

MANE — 1613



OPENING HOURS

Opened daily
9:00am - 7:00pm

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