

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

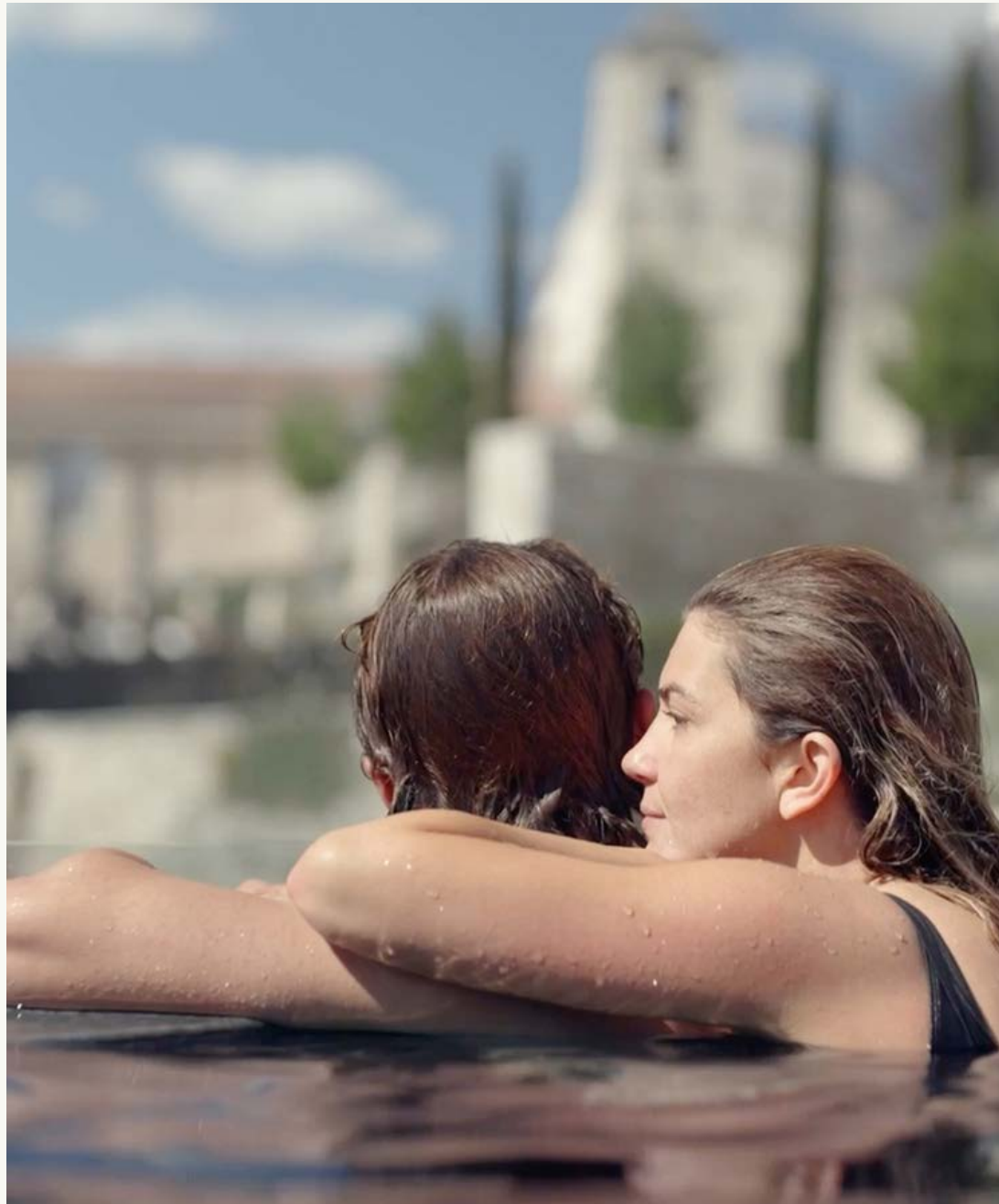
Accommodation and meals not included.



LONGEVITY

ADDING LIFE TO YOUR YEARS

LONGEVITY DESTINATION



There is a light in Provence that never ages, the same as it has always been, warming the olive trees and the stone.

The Longevity program draws its inspiration from this: listening to the body, nurturing your resources, and caring for yourself over time. Iconic and made to measure treatments, yoga and gentle movement accompany body and mind to preserve their potential and extend the feeling of Better-Being.

A destination for better living and better ageing, at your own pace, staying attuned to your body, its needs, and to what makes us feel fully alive, today and tomorrow.

CONSULTATION

Naturopathy
Follow-up recommendations

TREATMENTS

Immortelle Divine Secret - Face - 90'
Made to measure - Face - 60'
Shea Scrub & Wrap - Body - 90'
Relaxing Aromachologie - Body - 60'
Almond Detox - Body - 60'
Shea Nurturing - Body - 60'
Made to measure - Body - 30'

SPORT & ACTIVITIES

Access to Spa facilities
Hatha Yoga or Body Tone 60'
Walk 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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