

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.



VITALITY

NURTURING
YOUR SPARK



VITALITY DESTINATION

Provence has an energy all of its own: the freedom of the great outdoors, bright sunshine and landscapes that invite you to move.

The Vitality program draws on this energy to awaken the body's natural strength and invigorate the mind. Energising and detoxifying massages, Pilates, Full Body and outdoor activities come together to strengthen the body, stimulate the system and get energy flowing.

A destination to regain your momentum, build physical strength and nurture a deep, lasting energy; the kind that inspires you to move forward, explore and embrace life to the fullest.

CONSULTATION

Naturopathy
Follow-up recommendations

TREATMENTS

Immortelle Reset & add-on - Face - 60'
Made to measure - Face - 60'
Shea Scrub & Wrap - Body - 90'
Relaxing Aromachologie - Body - 60'
Almond Detox - Body - 90'
Provençal Deep Tissue - Body - 60'

SPORT & ACTIVITIES

Access to Spa facilities
Pilates or Full Body - 60'
Outdoor TRX - 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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