

Destination n°2

Destination *Balance & Emotion*

This Destination will be the culmination of a journey that engages all of your senses. Reconnect with nature and its peacefulness. The inner journey and restful sleep are this programme's priorities. This Destination brings a heightened sense of well-being, like a rendezvous with oneself.

BENEFITS

- Explore inner dimension
- Improve sleep quality
- Reconnect with nature

L'Occitane Treatments

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

Energy Therapies

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

Sports & *Energy* Arts

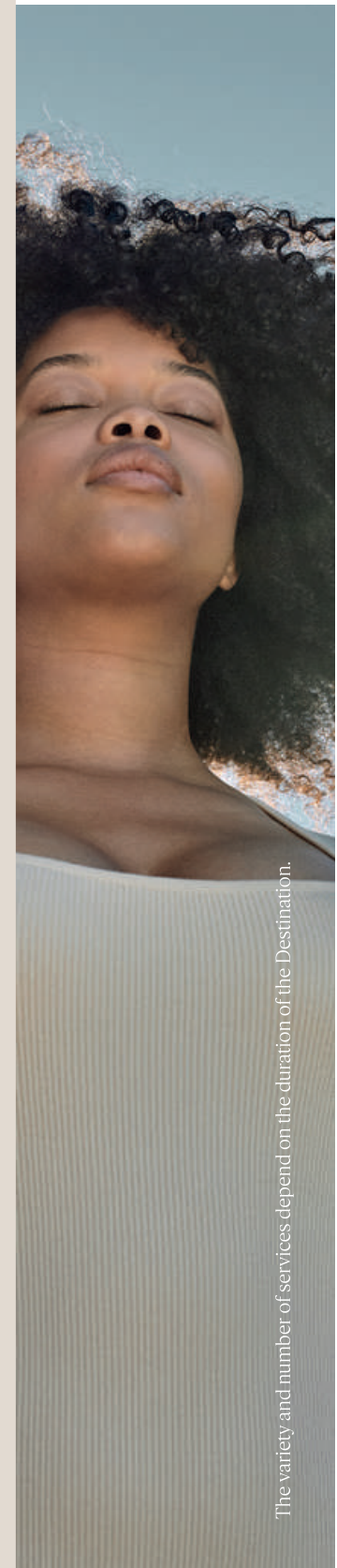
- Bike Rides
- Yoga
- Personal Training
- Group Classes
- Qi Gong
- Meditation

Workshop

- Nature Immersion Workshop
- Cuisine with Wild Food Workshop
- Essential Oils Workshop

Holistic Service

- Naturopathy
- Sophrology Session
- Hypnotherapy



Destinations Price List

Reconnection & Rejuvenation

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| ■ 3 Days | 850.00€ |
| ■ 6 Days | 1900.00€ |
| ■ 14 Days | 3950.00€ |

Balance & Emotion

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| ■ 3 Days | 900.00€ |
| ■ 6 Days | 1600.00€ |
| ■ 14 Days | 3950.00€ |

Longevity & Vitality

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| ■ 3 Days | 950.00€ |
| ■ 6 Days | 1800.00€ |
| ■ 14 Days | 4250.00€ |

Fitness & Detox

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| ■ 3 Days | 800.00€ |
| ■ 6 Days | 1800.00€ |
| ■ 14 Days | 3850.00€ |