



A desire to unplug, unwind and reconnect Mind and Body Nescens Retreat

A place beyond time, an exceptional environment

Recapturing one's place in the universe and renewing contact with quintessential nature is becoming a modern must before resuming life's journey. In the miraculous intimacy of this unspoiled oasis on the heights of Ramatuelle, perched between sky, sea and fragrant rolling hills, La Réserve Ramatuelle is a perfect setting for recharging personal batteries.

An invitation to reconnect with yourself

A global approach harnessing synergies involving every dimension of personal well-being, the Mind and Body Nescens Retreat offers you a complete reconnection with self and with the natural elements. On the first day, an individual evaluation with the Spa osteopath and the yoga instructor enables you to define your needs and fine-tune a personalized experience. The program then includes customized yoga, Pilates or stretching sessions, nature hikes accompanied by a coach to get your fill of fresh air, as well as relaxing Spa treatments. Finally, well-balanced menus are specially composed according to individual tastes, aimed at eliminating stimulants and emphasizing foods with a positive impact on stress mediators.

Mealtimes are always a pleasurable moment thanks to the Mediterranean cuisine of the renowned Michelin-starred Executive Chef. Your holistic and revitalizing retreat invites you to let yourself go in order to renew strong ties between body and mind, and gives you a fresh lease on life. Day by day, our team of experts accompany your stay, holding the promise of an authentic transformation.

A typical day in a 6-day program

- 1 yoga session
- 1 stretching or Pilates session, as preferred
- 1 hour and a half walk providing plenty of fresh air (on alternate day)
- 2 spa treatments: 1 better-aging or relaxing daily massage, 1 hydrotherapy treatment (alternate days), 1 foot reflexology session (alternate days) and 1 facial
- 3 personalized healthy meals meticulously prepared according to your specific requirements or food intolerances.

Price for full board excluding beverages and including accommodation - From	3 days / 4 nights	6 days / 7 nights
For one person in a single room	4 700 €	8 400 €
For two people in a double room	6 600 €	11 900 €

la réserve
HOTEL, SPA AND VILLAS
R A M A T U E L L E

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