



EAT LOVE SAVOR®

INTERNATIONAL LUXURY LIFESTYLE MAGAZINE

Bookazine

TO LEARN ABOUT TRUE LUXURY, FOR INSPIRATION and ELEGANT LIVING



LUXURY TRAVEL, LUXURY WELLNESS

New Wellness Offerings at Hotel Crillon Le Brave in France

2nd September 2020

Hotel Crillon le Brave encourages guests to switch off and enjoy the art of taking things slow in the heart of a Provençal village-hotel.

Guests will explore the village and its alleys, rejuvenate the mind and body at the hotel's spa and enjoy the serene Provence countryside. There is much that awaits you for your enjoyment.



Photo courtesy of Hotel Crillon Le Brave

Spa des Ecuries

The Spa des Ecuries is positioned under imposing arches of the former vaulted stone stables from the 18th century. With three treatment rooms, including one double, the spa combines gentle and effective approaches dedicated to enhancing overall wellbeing. Guests can take advantage of the holistic treatment techniques of Bamford which are completely tailored to each guests' needs. Personalised programmes are available upon request to as well as sports preparation and recovery, yoga, meditation, slimming and detoxing, anti-stress cures and Mum-to-Be treatments.



photo courtesy of Hotel Crillon Le Brave

Explore the Outdoors

Re-discover the pleasures of a picnic in nature with three picnic baskets specially created by Head Chef Anissa Boulesteix using locally sourced products. Discover hilltop villages, lavender fields, wild sage and other hidden treasures which only a balloon ride can reveal. Explore the village and local area among vineyards on foot, on horseback or pedaling an electric, trekking, road or mountain bike. The concierge team can organise a day of golf at one of the four golf courses near the hotel, tennis or kayaking from Fontaine de Vaucluse to Isle-sue-la-Sorgue.



Photo courtesy of Hotel Crillon Le Brave

Endless Summer Wellness & Nutrition Retreat

Crillon Le Brave is delighted to be hosting a retreat on the 24th-27th September; an opportunity for self-care and to explore the hotel's beautiful surroundings. Laurie-Anne Duval, a natural health consultant specialised in nutrition, dietary changes and stress management, will present seminars as well as practical workshops around wellness and nutrition. The gourmet vegan dishes that will be served have been developed by Anissa Boulesteix, Chef at Crillon le Brave, in collaboration with Wellness by LMSV experts.

Nightly rates at Hotel Crillon Le Brave start from 350 Euros on a bed & breakfast basis. For reservations and information visit www.crillonlebrave.com email reservations@crillonlebrave.com or call + 33 4 90 65 61 61