

Wellness Days in the heart of the French Riviera

*The Spa Nescens at La Réserve Ramatuelle extends
an invitation to a relaxing interlude by offering complete stays
for women in search of harmony, energy and balance*



Ramatuelle, April 2025

From 11 to 24 May and 1 to 12 October 2025, Ramatuelle will be the setting for two brand-new events dedicated to wellbeing. The Spa Nescens at La Réserve Ramatuelle is launching a comprehensive experience in a most soothing possible environment, overlooking the sparkling blue of the Mediterranean. For two to four days, guests are invited to immerse themselves in a world of treatments and activities specially designed to meet their needs. The tailor-made Wellness Days programs are overseen by three specialists in various holistic fields.

www.lareserve-ramatuelle.com



JOËLLE BILDSTEIN

Founder of “The Belly Lab”, a gentle belly-centered method for improving well-being

Joëlle Bildstein's concept helps women take a fresh look at their belly, while learning to love and care for it. Her expertise enables each woman to blossom thanks to a healthier, more serene life. During each stay, “The Belly Lab” sessions take place on an empty stomach to reap the benefits of hypopressive exercises. Joëlle Bildstein also guides participants through relaxation and breathing practices to release tension and restore harmony.



GILLES RIO

Movement therapist, Tai Chi teacher and expert in Asian massage techniques

Passionate about ancient China and its traditional arts, Gilles Rio specializes in teaching Qigong, meditation and Chinese martial arts, disciplines in which he is acknowledged as a legitimate heir. For Wellness Days, he will be teaching the discipline of Tai Chi. This practice promotes a healthy nervous system and inner serenity, resulting in perfect physical and mental balance. This martial arts expert will also be offering the revitalizing, soothing Tuina massage technique. His intervention helps rebalance posture, relieve blockages and reactivate vital energy.



NADINE STARK CHOIGNON

Pilates and Yoga teacher, 2023 World Champion in Sports Massage

Nadine Stark Chognon created the “Stark Ball Massage” method, which uses flexible balls placed under certain joints to stretch or relax muscles. This masseuse with her many years' experience was crowned World Sports Massage Champion in 2023, winning a gold medal in Denmark. During her sessions in Ramatuelle, she will help participants regain fluidity, flexibility, balance and greater body awareness. More than just a moment of serenity, her massage technique helps reduce stress, prevent illness and improve health. Nadine will also be offering a Pranayama breathing and breath discipline workshop, as well as a yoga session.



This interlude promises a profound experience of wellbeing in an exceptional setting, enhanced by three holistic experts, ensuring an unprecedented inner and physical transformation.



LA RÉSERVE RAMATUELLE HOTEL, SPA AND VILLAS

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www.michelreybier.com

PRACTICAL INFORMATION

Wellness Days at La Réserve Ramatuelle are available in two- or four-night formats, with breakfasts served in the hotel restaurant or in the comfort of your room. The program includes lunches at the Pool Restaurant and dinners at La Voile (Michelin two-starred restaurant) or La Brasserie.

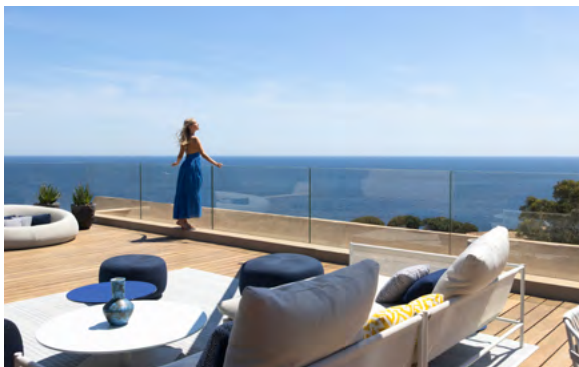
From 3,300 euros for two nights
or 6,600 euros for four nights.

Program and bookings via this link:
<https://www.lareserve-ramatuelle.com/en/news/wellness-days/>

ABOUT NESCEMS

Nescens is a pioneering Swiss brand in the field of healthy aging, redefining longevity by combining science, technology, and well-being. Founded by Professor Jacques Proust, a globally recognized specialist in the biology of aging, the brand is built on over 30 years of research and medical innovations, offering an integrated and personalized approach to health and anti-aging. With three complementary pillars – a clinic dedicated to preventive, aesthetic, and regenerative medicine, a range of highly effective anti-aging cosmeceuticals, and wellness spas offering customized well-being programs – Nescens goes beyond traditional skincare. The brand provides a unique, holistic experience that combines scientific excellence and a comprehensive approach to slow the effects of time and optimize the potential of each individual. Nescens' innovative approach is based on a synergy between dermatology, nutrition, neuroscience, and cutting-edge technologies, guiding our clients through a complete transformation, both inside and out, helping them achieve a longer, healthier, and more fulfilling life.

www.nescens.com



ABOUT LA RÉSERVE RAMATUELLE HOTEL, SPA AND VILLAS

A few minutes from the legendary Saint-Tropez village lies a place preserved from the hustle and bustle. La Réserve Ramatuelle overlooks one of the most beautiful bays of the French Riviera, offering a spectacular view of an infinite expanse of sea, a vast private estate nestled in the Provencal garrigue, lulled by the chirping of cicadas. The intimist palace hotel owns 27 rooms and suites. To ensure exceptional privacy, the rental villas offering the hotel services have their own individual swimming pool and private garden.

www.lareserve-ramatuelle.com



ABOUT MICHEL REYBIER HOSPITALITY

For more than 20 years, Michel Reybier has been blazing the trail for a singular, highly contemporary vision of luxury and hospitality. Each of the Michel Reybier Hospitality destinations upholds his cherished values of excellence, authenticity and simplicity. Whether in a hotel, a villa or a private apartment, in the mountains or by the sea, in the countryside, in the heart of the vineyards or in the city... A sole requirement: namely exceptional places that throb with a distinctive emotion. A sole ambition: to share a refined art of living, dedicated above all else to our guests' well-being and pleasure. This holistic approach is based on unforgettable experiences, where sport, food, wellness and passion form an inseparable whole. This approach is supported by the medical expertise of Nescens, whose ultimate goal is to ensure people live better, healthier lives for as long as possible. The promise of instilling meaning into each and every moment.

www.michelreybierhospitality.com



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