

A Feel Good Escape

THREE DAYS TO YOURSELF

On a weekend or during the week

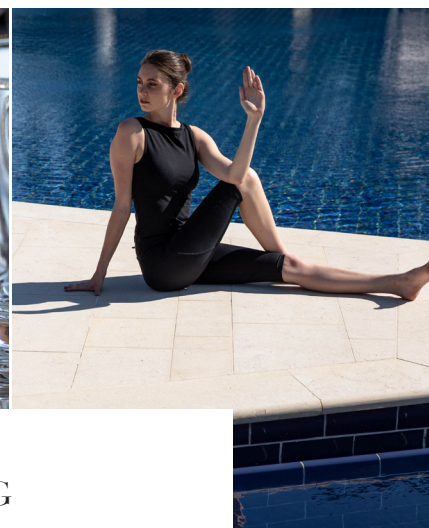


Packed schedules, maximum mental pressure, incessant travel, demand overload, techno-dependency... Contemporary urbanites often have the impression of living in a state of permanent jet lag. Like taking an amazing exit door, the all-new Feel Good Escape from La Réserve Genève is designed as an emergency release plan to escape the frenzy of our modern times.

la réserve

HOTEL, SPA AND VILLA

GENÈVE



FROM SURVIVAL MODE TO REALLY LIVING

In Geneva, on the shores of Lake Geneva, the 5-star resort of La Réserve Genève is nestled in the heart of grounds dotted with century-old trees and offers the full range of dream resources for restorative reconciliation with the various dimensions of your being. A wholesomely “selfish” experience to be experienced as a couple or with friends, to reconnect and recharge your physical, mental and emotional batteries at your own pace. No imposed program, but instead three days of an escape from routine, personalized around three vital themes: moving, savoring, breathing. Far from the demands of daily life, the Feel Good Escape by La Réserve Genève is an invitation to let go, to take a break by using a change of scenery to regain your footing and to freely enjoy an exceptional environment.

RECONNECTING WITH YOUR BODY

through indoor & outdoor exercise

Exercise has the wonderful ability to stimulate a positive outlook and lower stress levels, while optimizing intellectual capacities. Each individual is free to choose their own program of activities according to personal affinities. Yoga facing the Alpine peaks to refocus; hiking in the wide-open spaces of the Jura to get your fill of fresh air; tennis for fun; aquabiking in the stunning indoor pool, Pilates or afro-cardio dance in group classes to develop your muscle mass or boost your metabolism... No inaccessible challenges, merely the satisfaction of recapturing forgotten sensations.

REDISCOVERING THE TASTE OF PAMPERING YOURSELF

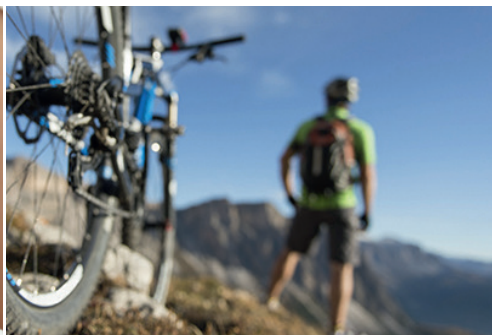
with 5 restaurants to fulfil every wish

Here again, no constraints, no rules, except that of following your own desires as the days go by. Gourmet tradition and an unforgettable brunch at Le Loti; refined Asian cuisine in Switzerland's only Michelin-starred Chinese restaurant at Le Tsé Fung; light well-being cuisine at Le Café Lauren, international specialties at the Bar; seasonal delights at Le Lodge... The restaurants at La Réserve invite you to make peace with your dietary intake so as to better nourish your body, mind and emotions. A treat in itself.

RENEWED SERENITY

day and night

A prolonged series of short nights exacerbates fatigue and a real vicious circle sets in, as you feel too exhausted to rest. The key point of the Feel Good Escape by La Réserve Genève is to achieve a balance between body and mind through global soothing, the only way to promote restful sleep. How to sleep like a baby? First of all, by cutting off all sources of anxiety, by reconnecting with oneself and with nature, through sport, yoga or meditation. Finally, by exploring nutritional options, with menus that make it easier to sleep, a selection of herbal teas available in the room and a special “sweet dreams” sleeping kit...



A Feel Good Escape

SAMPLE PROGRAM

FRIDAY

Arrival at 12.30pm

1pm – Lunch at Le Café Lauren restaurant in the Spa

Presentation of the program during lunch

3.30pm – 90-minute signature massage

5.30pm – Introduction to yoga

6pm – 2h yoga session

8.30pm – Dinner at the Michelin-starred restaurant Le Tsé Fung

SATURDAY

6.30am – Ode to the sunrise in the middle of nature

Walk or snowshoe trail with a mountain guide – Meditation session at the peak – Discovery of the environment

According to weather conditions, the excursion may take place by the lakeside or in the heart of the resort.

1pm – Lunch at Le Café Lauren

3pm – 60-minute facial / Relaxation in the Spa

5.30pm – Two-hour yoga session

8.30pm – Dinner at Le Loti

SUNDAY

8am – Breakfast at Le Café Lauren

9am – Two-hour fitness session with a personal coach

Relaxation within the resort

12.30pm – Lunch at Le Café Lauren

Relaxation within the Resort

3pm – Departure

PRESS CONTACT

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