

LA RÉSERVE RAMATUELLE - HOTEL, SPA AND VILLAS

Women's Better-Aging Journey at the Spa Nescens

A NEW WELLNESS PROGRAM DESIGNED TO ACCOMPANY
WOMEN IN THE VARIOUS RHYTHMS OF THEIR LIFE

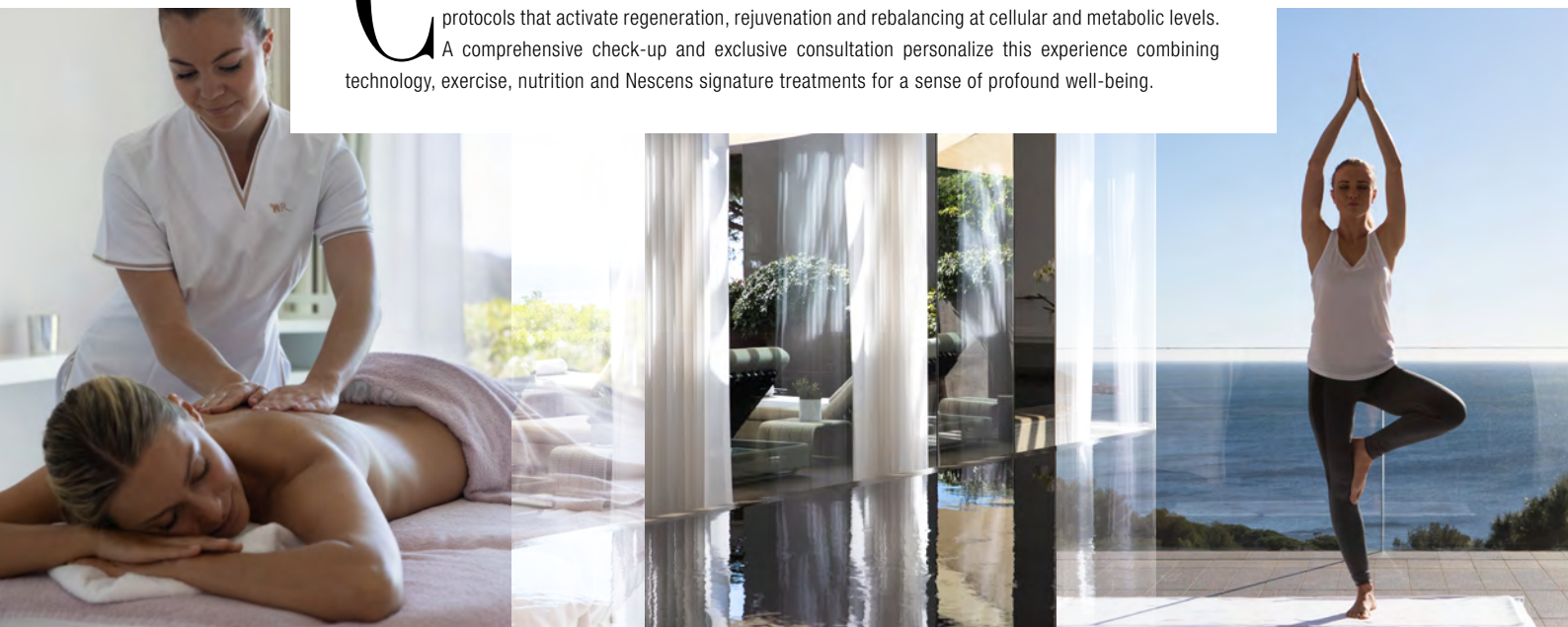


As springtime stirs a desire for renewal and fulfillment, it's time to indulge in a feminine wellness break amid the stunning natural surroundings of La Réserve Ramatuelle, facing the Mediterranean. Like the seasons, women's lives evolve over the years. This constant regeneration is a source of richness, but also requires the ability to adapt to transitions in order to maintain long-term balance. The Spa Nescens at La Réserve Ramatuelle has devised a complete program, specially designed to support women at every stage of their lives.

www.lareserve-ramatuelle.com

la réserve
HOTEL, SPA AND VILLAS
RAMATUELLE

Clinique Nescens, a pioneering institution in the field of better-aging and healthy aging, has designed the Women's Better-Aging Journey to help women preserve their health capital by applying proven protocols that activate regeneration, rejuvenation and rebalancing at cellular and metabolic levels. A comprehensive check-up and exclusive consultation personalize this experience combining technology, exercise, nutrition and Nescens signature treatments for a sense of profound well-being.



AN ORIGINAL AND BESPOKE APPROACH TO WELL-BEING

The three- or six-day Women's Better-Aging Journey has been designed by Nescens experts to meet women's various needs: relearning ways of moving, breathing better, adopting good eating habits, letting go, discovering how to relieve certain discomforts... Each participant is invited to express her needs by means of a questionnaire prior to her stay, enabling Nescens therapists to create a bespoke program.

A HOLISTIC 'QUALITY OF LIFE' VISION

The stay is organized around refreshing walks in the extraordinary setting of La Réserve Ramatuelle, attuned to the beauty of Nature. Yoga and Pilates sessions are conducive to a sense of grounding and to mastering movement. Holistic rejuvenation continues with Nescens facial and body care rituals. Last but not least, two-Michelin-starred chef Eric Canino at La Voile restaurant pours all his talent into bespoke menus designed with the Clinique Nescens nutritionist.

This enthusiast of light cuisine creates recipes representing pure pleasure and brimming with flavor, based on each individual's personal objectives. The Women's Better-Aging Journey aims to reset women's lifestyles, so that they can recharge their batteries with new, tailor-made habits designed to help them live better, for as long as possible.

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



LA RÉSERVE RAMATUELLE HOTEL, SPA AND VILLAS

+33 (0)4 94 44 94 44 · info@lareserve-ramatuelle.com · www.lareserve-ramatuelle.com · Chemin de la Quessine · 83350 Ramatuelle

MEDIA CONTACT: Aurore Cornic · Director of Communication and Marketing France · La Réserve Hotels, Apartments, Villas and Spas · +33 (0)1 58 36 60 12 · acornic@lareserve.com

www.michelreybier.com