



Well-Ness Brochure

« Let's have a relaxing moment during your stay. »

**LE
CHATEAU
DES
ALPILLES *****
HOTEL - RESTAURANT**

Route du Rougadou 13210 Saint Rémy de Provence. France
Tel : +33 4 90 92 03 33 - contact@chateaudesalpilles.com

MASSAGE & STEAM ROOM

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Energetic & Sport massages



DEEP TISSUS

SPORT

STEAM ROOM

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Energetic and relaxing that combines the Eastern tradition (by the treatment of acupuncture meridians) and the holistic Western approach (Swedish-type/deep tissue massage concentrate, connective, Gestalt massage, Ayurvedic), adapted to the needs of each individual.

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The sportsman's massage provides healthy muscles, vitality of the body and better resistance of the joints. It is at the same time preventive, relaxing and restorative.

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In the Cypress Farm, a private Steam room offers you a moment of well-being in complete privacy.

Capacity : 2 - 3 people

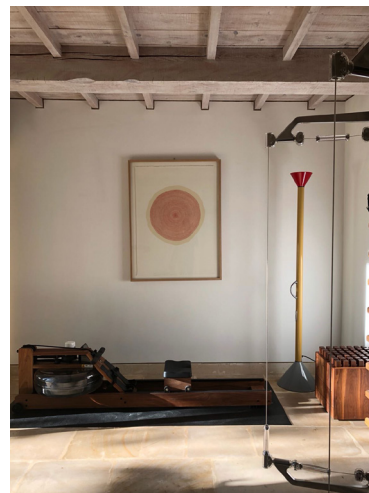
Relaxing Massage :1h = 140 Euros
Relaxing Massage :1h30 : 190 Euros
Facial Care : 1h = 150 Euros
Facial Care : 1h30 = 200 Euros

Hours:
From 3.30pm to 8pm
Towels available on the spot

FITNESS

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Private Fitness Room



FITNESS

COACHING

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Our private fitness room is equipped :

Artis Cardio «Technogym» :

- Treadmill «Run»
- Bicycle «Recline»

Muscle Building :

- The Kinesis

Waterower :

- Rowing machine

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Jean Christophe Bogart

Teacher of physical education, Sophrology and Bio-energetic offers you:

- Kinesi's Coaching
- Cardio Circuit training
- Stretching postural

Others training are available on request

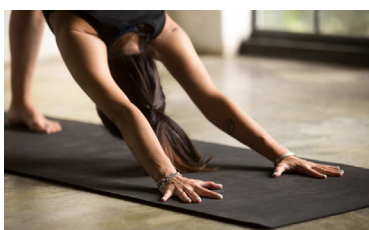
Maximum 2 people
with a coach

1h : 80 Euros
From 8am to 8pm
On request only

FITNESS

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Quiet and relaxation



YOGA

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Sabrina Sadeghi Millecamp

Trained in New York, certified by Yoga Alliance (RYT 200) offers :

- Vinyasa Flow

Dynamic yoga style that links movement, breathing and relaxation.

1h30 : 140 Euros
From 8am to 8pm
On request only

SOPHROLOGIE

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Ivan Christophe Bogart

propose you some « **Brain Detox** » sessions (based on the mental) :

- Meditation ou Sophrology

Relaxation, interiorization and breathing exercises conducive to rejuvenation, self-knowledge and activation of potentialities.

1h : 80 Euros
From 8am to 8pm
On request only

HIKING / VTT

A guide

offers guided hiking or mountain biking in the Alpilles. Discover the nature and exceptional views of Provence

Rate subject the hikes
On request only

Others training are available on request

OUTDOOR SPORTS

Heated outside pool, Bicycle and Tennis



OUTSIDE POOL

TENNIS

BIKES

UNUSUAL RIDE

Out heated pool (15x7m) is heated between 25° and 27° From April and until October 15th

Jean Christophe Bogart propose you :

- Aqua Aerobics training session maintenance and muscle toning in water.

1 tennis court is at your disposal near the swimming pool.

We can lend you rackets and balls, available at reception. New balls are also for sale at a price of 15 Euros.

Private lessons on request

Classic or electric bikes on request.

Classic Bike:
1/2 day = 15 Euros/ bike
Day = 25 Euros/ bike

Electric Bike:
1/2 day = 30 Euros/ bike
Day = 40 Euros/ bike

Exclusif bike tour

For the day or half day. Private bike tour with a guide-Tour who come to pick up at Le Chateau des Alpilles directly and offer you an exclusive and amazing experience.

Hours:

From 7am to 10pm

Unsupervised swimming pool for children

Hours:

1h : 100 Euros

From 8am to 8pm

On Request only

On request only

Sur réservation uniquement
+33 (0) 6 24 48 46 76

Aureilles France

