



305 views | Sep 16, 2020, 12:37pm EDT

Endless Summer: The Five-Star Wellness Getaway To Book In Provence



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Travel



With the number of coronavirus cases continuing to rise across the world, the French are traveling closer to home now more than ever. And as the country's hotels slowly reopen and locals become more interested in adopting a holistic approach when planning their next break, the well-being vacation is seeing a comeback. And in keeping with this growing mindset, Provence icon hotel [Crillon Le Brave](#), is hosting a well-being retreat to book now for readers who are able to travel.



Wellness by LMSV retreat will take place at the iconic hotel Crillon Le Brave in Provence, France. YANN DERET / CRILLON LE BRAVE

Picture a maze of honey hued stone passages, cool sunrises and burnt-orange sunsets that stretch for miles over green rolling hills and vineyards, the sound of the birds and the cicadas hidden in sun-scorched cypress trees that stretch up to cloudless blue skies like slender flames, a slab of turquoise water hanging from one of the hotel terraces, and a laid-back restaurant towering over it all.



A bird's eye view of luxury hotel Crillon Le Brave tucked in a medieval hamlet in Provence, France. [CRILLON LE BRAVE](#)

If you think that sounds like a picture-perfect Provence hideaway, then you'd be right - it is. Just a 30-minute drive from Avignon, [Crillon Le Brave](#) (a [Maisons Pariente](#) property), is a sumptuous five-star abode that feels miles away from any trace of urban life. Tucked in its own medieval hamlet, the 34-room hotel now serves as the setting for a well-being retreat led by travel expert Victoire Spoerry behind [Wellness by LMSV](#), the agency that organizes tailor-made retreats.



The view of the surrounding vineyards from one of the guest rooms and the lobby terrace of luxury ... [+] MR TRIPPER / CRILLON LE BRAVE

Crillon Le Brave co-owner and well-being enthusiast Leslie Kouhana had been in touch with Victoire for years, so when the travel expert began organizing retreats, Leslie jumped at the chance to host one at her star property. Entitled “**Endless Summer**” and “A Booster for Winter,” the two retreats are set to take place at the end of this month and in October.

Through these retreats, Victoire’s aim is to help participants on their way to “better living” focusing on stress management and nutrition. What sets her retreats apart from the rest is her approach that mixes a diverse range of practices and principles, as well as partnerships with a small circle of experts. Naturopath Laurie-Anne Duval, whose practice is rooted in Chinese medicine, worked with Victoire on designing the Endless Summer retreat.



The view from Crillon Le Brave's restaurant. MR TRIPPER / CRILLON LE BRAVE

The duo hosts a mix of yoga, meditation, outdoor activities, workshops in the former village chapel, and massage, scattered over four days. A creative special gluten- and meat-free menu rustled up by Crillon Le Brave's resident chef Anissa Boulesteix rounds off the experience.

"Endless Summer" will take place September 24-27, and "A Booster for Winter" on October 22-25, 2020 at luxury hotel Crillon Le Brave in Provence, France www.lmsv.com



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