

NOMADE

LUX
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TOP SPA AND WELLNESS TREATMENTS FROM LUXURY HOTELS AROUND THE WORLD

AUSTRALIA & NEW ZEALAND, SPA GUIDE, SPAS & RETREATS, WELLNESS



SUBSCRIPTION CART



Top Spa and Wellness treatments from luxury hotels around the world.

There's nothing like a luxurious spa treatment when staying at a hotel to leave you feeling refreshed, pampered and rejuvenated. We've rounded up some of the top spa and wellness treatments getaways from destinations all around the world to give you inspiration for your next wellness trip.



Hotel Lou Pinet

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Introducing The Face Gym

Exclusively positioned away from the hustle and bustle of Saint-Tropez, guests are encouraged to wind down at Hotel Lou Pinet. Days can be spent lounging around the emerald swimming pool – the largest in Saint-Tropez, visiting the nearby beaches or winding down at the Tata Harper Spa. Experience a unique new wellness treatment at Lou Pinet which is offering a Face Gym by Tata Harper providing guests with a special glow following months in lockdown. The spa therapists have been expertly trained in the exclusive Tata Harper techniques to release tension, restore original volumes and re-sculpt features with a visible rejuvenating effect. The facial gym session can be described as a natural facelift because of the anti-ageing, toning effect. The spa therapists at Lou Pinet teach their face gym techniques to guests through personalised training sessions.

Nightly rates at Hotel Lou Pinet start from 430 Euros on a bed & breakfast basis. For reservations and information visit www.loupinet.com email reservations@loupinet.com or call +33 4 94 97 04 37



Hotel Crillon le Brave

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Wellness and Nutrition Retreat

Hotel Crillon le Brave encourages guests to switch off and enjoy the art of taking things slow in the heart of a Provencal village-hotel. Guests will explore the village and its alleys, rejuvenate the mind and body at the hotel's spa and enjoy the serene Provence countryside.

The Spa des Ecuries is positioned under imposing arches of the former vaulted stone stables from the 18th century. With three treatment rooms, including one double, the spa combines gentle and effective approaches dedicated to enhancing overall wellbeing. Guests can take advantage of the holistic treatment techniques of Bamford which are completely tailored to each guests' needs. Personalised programmes are available upon request to as well as sports preparation and recovery, yoga, meditation, slimming and detoxing, anti-stress cures and Mum-to-Be treatments.

Crillon Le Brave is delighted to be hosting a **retreat on the 24th-27th September**; an opportunity for self-care and to explore the hotel's beautiful surroundings. Laurie-Anne Duval, a natural health consultant specialised in nutrition, dietary changes and stress management, will present seminars as well as practical workshops around wellness and nutrition. The gourmet vegan dishes that will be served have been developed by Anissa Boulesteix, Chef at Crillon le Brave, in collaboration with Wellness by LMSV experts.

Nightly rates at Hotel Crillon Le Brave start from 350 Euros on a bed & breakfast basis. For reservations and information visit www.crillonlebrave.com email reservations@crillonlebrave.com or call + 33 4 90 65 61 61