

The Provence Reset

A RESTORATIVE WELLNESS JOURNEY

Gentle movement, restorative massage, nature and the Provençal art of living.

A welcoming retreat for women and men.

Slow down. Reconnect. Experience Provence differently.

A carefully paced small-group retreat personally hosted by Virginie, combining restorative practices, three beautiful excursions and genuine time to rest. No pressure to perform and never more than one main experience per day.

YOUR WELLNESS WEEK IN PROVENCE

THREE AFTERNOONS COMPLETELY FREE

DAY 1 • SUNDAY

Arrive and exhale

Scheduled group transfer, house check-in, time to settle in, welcome aperitif and dinner.

DAY 2 • MONDAY

FREE AFTERNOON

Grounding and reconnection

Restorative yoga, meditation and breathing, followed by a relaxed welcome lunch and time to enjoy the house.

DAY 3 • TUESDAY

FREE AFTERNOON

Aix-en-Provence

Provençal market, historic streets and local flavours, followed by lunch in the city.

DAY 4 • WEDNESDAY

Restore

Somatic relaxation, one individual massage per guest, free time and an evening sound bath with Tibetan singing bowls.

DAY 5 • THURSDAY

FREE AFTERNOON

Sainte-Victoire in nature

An accessible mindful walk through the Sainte-Victoire landscape, followed by a Provençal lunch.

DAY 6 • FRIDAY

Cassis and the Mediterranean

Cassis harbour, Mediterranean lunch, a Calanques boat trip, quiet time and farewell dinner.

DAY 7 • SATURDAY

Departure

Final breakfast, check-out and scheduled group transfer.

A GENTLE END TO THE WEEK

One meaningful experience each day, with genuine time to rest in between.

WHAT IS INCLUDED

- Six nights in a private Provençal house
- Daily breakfast and selected meals
- Scheduled group transfers and transport
- All listed practices, excursions and visits
- One individual massage per guest
- Personal hosting by Virginie

NOT INCLUDED

- International airfare
- Cancellation and repatriation insurance
- Meals and drinks not specifically listed
- Additional treatments and personal expenses
- Transfers outside group arrangements
- Personal gratuities, if desired

PRICE PER PERSON

€4,290 PRIVATE ROOM

€3,290 SHARED DOUBLE ROOM

Come back to yourself in Provence.

Program subject to availability, weather conditions and final travel dates.

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