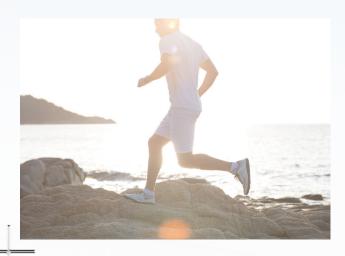
NESCENS



Overlooking the French Riviera, La Réserve Ramatuelle is a timeless place in an exceptional environment. This exclusive palace hotel presents a new wellness program centered on letting go and getting fit. Like an unspoilt oasis, La Réserve Ramatuelle invites you to recharge your batteries and reconnect with the quintessence of nature. Its enchanting setting promotes a deep and off-forgotten sense of well-being.

This Bootcamp combines self-improvement with enjoyment and health, including sports sessions and relaxing treatments. The whole experience is enhanced by nutritious cuisine and balanced menus designed by Michelin-starred chef Eric Canino. The Nescens team of experts provides personalized support for participants during the entire six days.



BOOST YOUR ENERGY AND CHALLENGE YOURSELF **BOOTCAMP WEEK** AT LA RÉSERVE RAMATUELLE

FROM 29 SEPTEMBER TO 4 OCTOBER, 2024

FITNESS

During this exclusive stay, enjoy a complete fitness program including:

- 5 personalized coaching sessions: Pilates, stretching, yoga, muscle awareness and cardio training
- 2 Nordic walks, each lasting three hours, to discover the surrounding countryside
- 1 electric mountain biking session for active exploration
- 1 paddleboard session to work on balance and strength
- 1 kayaking session to enjoy the Mediterranean Sea while getting some exercise

WELL-BEING

Pamper your body and mind with a series of relaxing and revitalising treatments:

- 2 osteopathy sessions to realign and soothe your body
- 4 60-minute massages to relax your muscles and promote recovery
- 3 hydrotherapy sessions to enjoy the health benefits of water
- 2 pressotherapy/cryotherapy sessions to stimulate circulation and reduce inflammation
- 1 50-minute Better-Aging facial ritual to enhance your skin

NUTRITION

Enjoy balanced, tasty meals designed to complement your fitness program: • Breakfast, lunch and dinner included every day

Day 1: "Discover Yourself" Day

Morning:

- > Muscular Awakening 50min
- > Healthy Breakfast
- > Nordic Walk 3h
- Cryotherapy / Pressotherapy Session

Lunch:

> Healthy Lunch

Afternoon:

- > Osteopathy Session 50min > Repair Muscle Massage 90min
- Dinner:
- Healthy Dinner

Day 2: "Go For It" Day

- Morning: > Aquatraining 50min
- > Healthy Breakfast
- > Paddle Session 2h
- Lunch:
- > Healthy Lunch

Afternoon: > Body Scrub 20min

- > Better-Aging Massage 80min Dinner:
- Healthy Dinner

Day 3: "Grow" Day

Morning:

- Cardio Training 50min > Healthy Breakfast
- > E-bike Tour with a Guide 2h

Lunch. > Healthy Lunch

- Afternoon: Balneotherapy 20min
- > Repair Muscle Massage 60min

Dinner: Healthy Dinner

Day 4: "Refocus" Day

- Morning: > Pilate Session 50min in the terrace of the Spa Nescens
- Healthy Breakfast
- > Nordic Walk 3h
- Session

Lunch:

- > Distressing Massage 80min
- Dinner:

Healthy Dinner

Day 5: "Challenge Yourself" Day

Morning:

- > Yoga Session 50min
- > Healthy Breakfast
- > Kayak Session 2h

Lunch:

> Healthy Lunch

Afternoon:

- > Ostheopathy Session 50min > Better-Aging Facial Ritual 80min
- Dinner:
- > Healthy Dinner

BOOTCAMP WEEK is available from €9,955 per person (based on a Deluxe Room with sea view terrace).

la réserve HOTEL, SPA AND VILLAS RAMATUELLE

CONTACT SPA NESCENS LA RÉSERVE RAMATUELLE

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Cryotherapy / Pressotherapy

> Healthy Lunch

Afternoon:

Body Wrap 20min