



# BOOST YOUR ENERGY AND CHALLENGE YOURSELF

## BOOTCAMP WEEK AT LA RÉSERVE RAMATUELLE

FROM 29 SEPTEMBER TO 4 OCTOBER, 2024

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 unspoiled 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.



### 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
- › Cryotherapy / Pressotherapy Session

##### Lunch:

- › Healthy Lunch

##### Afternoon:

- › Body Wrap 20min
- › Distressing Massage 80min

##### Dinner:

- › Healthy Dinner

#### Day 5:

"Challenge Yourself" Day

##### Morning:

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

##### Lunch:

- › Healthy Lunch

##### Afternoon:

- › Osteopathy 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

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