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ROYAL•RIVIERA
Saint-Jean-Cap-Ferrat



Wellness ESCAPE



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A SOPHISTICATED WELLNESS
ESCAPE ON THE FENCH RIVIERA

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ROYAL RIVIERA
Saint-Jean-Cap-Ferrat



THALGO WELLNESS CENTER, AN OASIS OF TRANQUILLITY

Thalgo, L'intelligence Marine ...

Since 1964, THALGO Laboratories have been creating Marine Cosmetics for Spa and Beauty. Immerse yourself in a world of Marine Beauty. Working closely with renowned phycologists, the THALGO Research Center is the undisputed expert in Marine Intelligence, with over 50 marine active principles identified, extracted and concentrated in exclusive ingredients with unrivaled properties.

Indulge in a moment of pure relaxation with our tailor-made treatments including:

Relaxing Massage:

Massage combining slow and gentle manoeuvres for a deep relaxation

Basic Care of The Sea:

Treat your face to a personalized replenishing break. The treatment is chosen according to your expectations and the needs of your skin : moisturising, sensitive skin, mattifying.



THALGO
LA BEAUTE MARINE



SERENITY AWAITS: EXPERIENCE YOGA BY THE SEA

Mainly Hatha Yoga - the practice is guided by our inner-observation as we move towards the widening of our inner-consciousness - the sessions may be more or less dynamic, depending on the time of the day.

It can include the deepening of inner awareness, yoga for the eyes, sun salutations, asanas (postures), relaxation, pranayama (respiration), chanting and/or mediation.

Approach

Each session is co-designed and based on the needs, experience and personality.

While enjoying the peacefulness of the Royal Riviera, enjoy a private yoga class in the hotel's Mediterranean gardens. Surrounded by palm and olive trees, this personalised session invites you to reconnect with nature. Relax and recharge with a unique wellness experience.



