



Les TERRASSES D'EZE

★★★★



SPA & YOGA

Wellness escapes / Yoga Retreats

Les Terrasses d'Eze - Hôtel**** & Spa

French Riviera



Les Terrasses d'Eze**** - 1138 route de la Turbie - 06360 EZE - FRANCE
www.hotel-terrasses-deze.com

LIFESTYLE

Preferred

HOTELS & RESORTS

DISCONNECT

UNWIND

BREATHE

The Hôtel 'Les Terrasses d'Eze',
a true well-being destination on the French Riviera,
offers several stays combining Relaxation and Yoga.

Escape your everyday for a few days with our different stays
to disconnect and recharge.

WELLNESS SHORT BREAKS

Take a real break in your everyday life.
In the programme: leisure, relaxation and recovery!

SPA & YOGA RETREATS

Wellbeing for your mind and your body.

These stays, based on yoga, treatments at the spa and healthy lunches, will help you to detox and reduce stress. You will find harmony between body and mind.

Telephone : 00 33 (0)4 93 29 80 68

Email: reservation@hotel-terrasses-deze.com

Les Terrasses d' Eze - 1138 route de la Turbie - 06 360 EZE - FRANCE

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Wellness short breaks

Recovery package - 2 days / 1 night

*Enjoy your stay to recover from a lack of sleep,
decompress in absolute calm and regain vitality and energy...*

This package includes:

- 1 night in a Comfort room, breakfast included
- 1 dinner at Tillac restaurant on half board (excluding beverages)
- 1 unlimited access to the Deep wellness Spa
- 1 floating room session (1h)

Low season: 205€ / pers. in a double room - 280€ / pers. in a single room

Mid season : 225€ / pers. in a double room - 320€ / pers. in a single room

Season: 242.50€ / pers. in a double room - 355€ / pers. in a single room

High season: 257.50€ / pers. in a double room - 385€ / pers. in a single room



Wellness short breaks

Relaxation Package - 2 days / 1 night

Pamper yourself with a relaxing Spa break ...

This package includes:

- 1 night in a Comfort room, breakfast included
- 1 dinner at Tillac restaurant on half board (excluding beverages)
- 1 unlimited access to the Deep wellness Spa
- 1 relaxing massage (60 min)
- OR** 1 facial by Thalgo ('basic care of the sea' - 60 min)

Low season: 230€ / pers. in a double room - 305€ / pers. in a single room

Mid season: 250€ / pers. in a double room - 345€ / pers. in a single room

Season: 267.50€ / pers. in a double room - 380€ / pers. in a single room

High season: 282.50€ / pers. in a double room - 410€ / pers. in a single room



Wellness short breaks

Detox package - 3 days / 2 nights

Detoxify your body in our deep wellness area coupled with Thalgo body ritual...

This package includes:

- 2 nights in a Comfort room, breakfast included
 - 1 dinner at Tillac restaurant on half board (excluding beverages)
 - 1 unlimited access to the Deep wellness Spa
 - 1 Thalgo body ritual (2h)
- including 30 min balneotherapy, 30 min scrub and 60 min massage

Low season: 400€ / pers. in a double room - 550€ / pers. in a single room

Mid season: 440€ / pers. in a double room - 630€ / pers. in a single room

Season: 475€ / pers. in a double room - 700€ / pers. in a single room

High season: 505€ / pers. in a double room - 760€ / pers. in a single room



Spa & Yoga Retreats

ZEN pack - 3 days / 2 nights

Treat yourself to a relaxing break to disconnect...

DAY 1

- 1 DETOX smoothie juice on arrival
- 1 unlimited access to the deep wellness spa
- 1 detoxifying treatment: body scrub, balneotherapy, body wrap
- Evening at leisure and overnight in a comfort room

DAY 2

- 1 Yoga class at 8.30am (1h)
- 1 healthy detox breakfast at 9.30am
- 1 floating room session at 10.30am (1h)
- 1 light and healthy lunch at 12.30 at Tillac or biobar restaurant according to the season (starter + main OR main + dessert AND detox juice)
- 1 unlimited access to the deep wellness spa
- 1 energizing massage (60 min)
- Evening at leisure and overnight in a comfort room

DAY 3

- 1 Yoga class at 8.30am (1h)
- 1 healthy detox breakfast at 9.30am
- 1 unlimited access to the deep wellness spa



Spa & Yoga Retreats

SERENITY pack - 5 days / 4 nights

Rejuvenate for a few days of meditation and relaxation...

DAY 1

1 DETOX smoothie juice on arrival
1 unlimited access to the deep wellness spa
Evening at leisure and overnight in a comfort room

DAY 2

1 Yoga class at 8.30am (1h)
1 healthy detox breakfast at 9.30am
1 floating room session at 10.30am (1h)
1 light and healthy lunch at 12.30 at Tillac or biobar restaurant according to the season (starter + main OR main + dessert AND detox juice)
1 unlimited access to the deep wellness spa
Evening at leisure and overnight in a comfort room

DAY 3

1 Yoga class at 8.30am (1h)
1 healthy detox breakfast at 9.30am
1 energizing massage (60 min) at 10.30am
1 light and healthy lunch at 12.30 at Tillac or biobar restaurant according to the season (starter + main OR main + dessert AND detox juice)
1 unlimited access to the deep wellness spa
Evening at leisure and overnight in a comfort room

DAY 4

1 Yoga class at 8.30am (1h)
1 healthy detox breakfast at 9.30am
1 body wrap (30 min) at 10.30am
1 light and healthy lunch at 12.30 at Tillac or biobar restaurant according to the season (starter + main OR main + dessert AND detox juice)
1 unlimited access to the deep wellness spa
1 facial (60 min) at 5.00pm
Evening at leisure and overnight in a comfort room

DAY 5

1 Yoga class at 8.30am (1h)
1 healthy detox breakfast at 9.30am
1 unlimited access to the deep wellness spa



Spa & Yoga Retreats

HARMONY pack - 7 days / 6 nights

*Get away from it all during a relaxing and energizing week
for an intense disconnection and a return to basics...*

DAY 1

1 DETOX smoothie juice on arrival

1 unlimited access to the deep wellness spa

Evening at leisure and overnight in a comfort room

DAY 2

1 Yoga class at 8.30am (1h)

1 healthy detox breakfast at 9.30am

1 floating room session at 10.30am (1h)

1 light and healthy lunch at 12.30 at Tillac or biobar restaurant according to the season (starter + main OR main + dessert AND detox juice)

1 unlimited access to the deep wellness spa

Evening at leisure and overnight in a comfort room

DAY 3

1 Yoga class at 8.30am (1h)

1 healthy detox breakfast at 9.30am

1 energizing massage (60 min) at 10.30am

1 light and healthy lunch at 12.30 at Tillac or biobar restaurant according to the season (starter + main OR main + dessert AND detox juice)

1 unlimited access to the deep wellness spa

Evening at leisure and overnight in a comfort room

DAY 4

1 Yoga class at 8.30am (1h)

1 healthy detox breakfast at 9.30am

1 body wrap (30 min) at 10.30am

1 light and healthy lunch at 12.30 at Tillac

DAY 4 (to follow)

or biobar restaurant according to the season (starter + main OR main + dessert AND detox juice)

1 unlimited access to the deep wellness spa

1 facial (60 min) at 5.00pm

Evening at leisure and overnight in a comfort room

DAY 5

1 Yoga class at 8.30am (1h)

1 healthy detox breakfast at 9.30am

1 massage (60 min) at 10.30am

1 light and healthy lunch at 12.30 at Tillac or biobar restaurant according to the season (starter + main OR main + dessert AND detox juice)

1 unlimited access to the deep wellness spa

Evening at leisure and overnight in a comfort room

DAY 6

1 Yoga class at 8.30am (1h)

1 healthy detox breakfast at 9.30am

1 balneotherapy session at 10.30am (30 min)

1 massage (30 min) à 11.15am

1 light and healthy lunch at 12.30 at Tillac or biobar restaurant according to the season (starter + main OR main + dessert AND detox juice)

1 unlimited access to the deep wellness spa

Evening at leisure and overnight in a comfort room

DAY 7

1 Yoga class at 8.30am (1h)

1 healthy detox breakfast at 9.30am

1 unlimited access to the deep wellness spa



Spa & Yoga Retreats

ZEN pack - 3 days / 2 nights

Low season

580€ / person in a double room - 800€ / person in a single room

Mid season

620€ / person in a double room - 880€ / person in a single room

Season

655€ / person in a double room - 950€ / person in a single room

High season

685€ / person in a double room - 1010€ / person in a single room

SERENITY pack - 5 days / 4 nights

Low season

840€ / person in a double room - 1280€ / person in a single room

Mid season

920€ / person in a double room - 1440€ / person in a single room

Season

990€ / person in a double room - 1580€ / person in a single room

High season

1050€ / person in a double room - 1700€ / person in a single room

HARMONY pack - 7 days / 6 nights

Low season

1305€ / person in a double room - 1965€ / person in a single room

Mid season

1425€ / person in a double room - 2205€ / person in a single room

Season

1530€ / person in a double room - 2415€ / person in a single room

High season

1620€ / person in a double room - 2595€ / person in a single room

*For any stays on a Sunday, lunch included in your package will change to a brunch formula (subject to the period)
/ Schedules may change depending upon availability / 2021 rates VAT included / non contractual photos*

Low season 2021

2 November to 23 December

Mid season 2021

1 April to 19 May

24 to 31 May

3 October to 1st November

24 December 2021 to 1st January 2022



Season 2021

1st June to 30 June

1st September to 2 October

High Season 2020/1

1st July to 31 Aug.