



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

Professionel

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 (upon booking)
- 1 floating room session (1h)

Low season: 480€ for 2 people in a double room - 335€ / pers. in a single room

Mid season : 505€ for 2 people in a double room - 360€ / pers. in a single room

Season: 550€ for 2 people in a double room - 405€ / pers. in a single room

High season: 655€ for 2 people in a double room - 510€ / pers. in a single room

2022 rates VAT included in a comfort 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 (upon booking)
- 1 relaxing massage (60 min)
- OR** 1 facial by Thalgo ('basic care of the sea' - 60 min)

Low season: 540€ for 2 people in a double room - 365€ / pers. in a single room

Mid season: 565€ for 2 people in a double room - 390€ / pers. in a single room

Season: 610€ for 2 people in a double room - 435€ / pers. in a single room

High season: 715€ for 2 people in a double room - 540€ / pers. in a single room

2022 rates VAT included in a comfort room



Wellness short breaks

Detox package - 3 days / 2 nights

Detoxify your body in our deep wellness area and enjoy a relaxing moment...

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 (upon booking)
 - 1 Thalgo scrub of 30 min
 - 1 tailored massage of 60 min

Low season: 910€ for 2 people in a double room - 645€ / pers. in a single room

Mid season: 960€ for 2 people in a double room - 695€ / pers. in a single room

Season: 1050€ for 2 people in a double room - 785€ / pers. in a single room

High season: 1260€ for 2 people in a double room - 995€ / pers. in a single room

2022 rates VAT included in a comfort 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 (upon booking)
- 1 detoxifying treatment: body scrub, balneotherapy*, body wrap
- Evening at leisure and overnight in a comfort room

DAY 2

- 1 morning Yoga class (1h)
- 1 healthy detox breakfast
- 1 floating* room session (1h)
- 1 light and healthy lunch 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 (upon booking)
- 1 energizing crystal rock massage by Thalgo (60 min)
- Evening at leisure and overnight in a comfort room

DAY 3

- 1 morning Yoga class (1h)
- 1 healthy detox breakfast
- 1 unlimited access to the deep wellness spa (upon booking)

(*) cannot be done on a duo

Spa & yoga retreats are only upon booking and depending upon availability, spa treatment to be organised with the 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
(upon booking)

Evening at leisure and overnight in a comfort room

DAY 2

1 morning Yoga class (1h)

1 healthy detox breakfast

1 floating* room session (1h)

1 light and healthy lunch 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 (upon
booking)

Evening at leisure and overnight in a comfort room

DAY 3

1 morning Yoga class (1h)

1 healthy detox breakfast

1 crystal rock energizing massage (60 min)

1 light and healthy lunch 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
(upon booking)

Evening at leisure and overnight in a comfort room

DAY 4

1 morning Yoga class (1h)

1 healthy detox breakfast

1 body wrap (30 min)

1 light and healthy lunch 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
(upon booking)

1 facial (60 min)

Evening at leisure and overnight in a comfort room

DAY 5

1 morning Yoga class (1h)

1 healthy detox breakfast

1 unlimited access to the deep wellness spa
(upon booking)



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 (upon booking)

Evening at leisure and overnight in a comfort room

DAY 2

1 morning Yoga class (1h)

1 healthy detox breakfast

1 floating* room session (1h)

1 light and healthy lunch 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 (upon booking)

Evening at leisure and overnight in a comfort room

DAY 3

1 morning Yoga class (1h)

1 healthy detox breakfast

1 crystal rock energizing massage (60 min)

1 light and healthy lunch 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 (upon booking)

Evening at leisure and overnight in a comfort room

DAY 4

1 morning Yoga class (1h)

1 healthy detox breakfast

1 body wrap (30 min)

1 light and healthy lunch 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 (upon booking)

1 facial (60 min)

Evening at leisure and overnight in a comfort room

DAY 5

1 morning Yoga class (1h)

1 healthy detox breakfast

1 tailored massage (60 min)

1 light and healthy lunch 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 (upon booking)

Evening at leisure and overnight in a comfort room

DAY 6

1 morning Yoga class (1h)

1 healthy detox breakfast

1 balneotherapy* session (30 min)

1 tailored massage (30 min)

1 light and healthy lunch 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 (upon booking)

Evening at leisure and overnight in a comfort room

DAY 7

1 morning Yoga class (1h)

1 healthy detox breakfast

1 unlimited access to the deep wellness spa (upon booking)



Spa & Yoga Retreats

ZEN pack - 3 days / 2 nights

Low season

1418€ for 2 people in a double room - 1014€ / person in a single room

Mid season

1468€ for 2 people in a double room - 1064€ / person in a single room

Season

1558€ for 2 people in a double room - 1154€ / person in a single room

High season

1768€ for 2 people in a double room - 1364€ / person in a single room

SERENITY pack - 5 days / 4 nights

Low season

2134€ for 2 people in a double room - 1677€ / person in a single room

Mid season

2234€ for 2 people in a double room - 1777€ / person in a single room

Season

2414€ for 2 people in a double room - 1957€ / person in a single room

High season

2834€ for 2 people in a double room - 2377€ / person in a single room

HARMONY pack - 7 days / 6 nights

Low season

3330€ for 2 people in a double room - 2580€ / person in a single room

Mid season

3480€ for 2 people in a double room - 2730€ / person in a single room

Season

3582€ for 2 people in a double room - 3000€ / person in a single room

High season

4380€ for 2 people in a double room - 3630€ / 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 / 2022 rates VAT included / non contractual photos*

Low season 2022

2 January to 13 March
14 November to 22 December

Mid season 2022

14 March to 29 March
3 April to 14 April
10 October to 13 November



Season 2022

30 March to 2 April
15 April to 25 May
30 May to 30 June
1st September to 9 October
23 December 2022 to 1st January 2023

High Season 2022

1st July to 31 August