



DREAM-CATCHER

Art of living, art of wellbeing

An authentic, atypical approach to beauty of body and mind ...
Ambling free and easy along the enchanted road to self-harmony ...
An optimistic view of life, a capacity for happiness ...
A way of making every moment unforgettable ...
Newcomer or seasoned adept, just give in to temptation...

PHILIPPE CHASSON'S COACHING & WELLNESS
+
CÉLINE ESCAND'S BAUME INTÉGRAL
=
MAS DE L'AMARINE'S CAPSULE BEAUTY COLLECTION

OUR HEALTH-GIVING HANDS – The energetic Philippe Chasson and his team of expert therapists – Take a wellbeing break and rediscover life's essentials – Energetic massage and holistic treatments tailored to your needs.

OUR ICON– Baume Intégral, a 100% natural, organic treatment made from 100% Provençal ingredients – A complete high-end beauty treatment, refined, honest and effective – Glowing complexion guaranteed – we're all addicted to this magic balm!

OUR CAPSULE - A cabinet of curiosities tucked away in the converted dovecote - A mix & match of colours, materials and perfumes in a warm, whimsical ambience – a secret place heard of in whispers on the grapevine.

A pitch-perfect combination of expertise and rigour with a pinch of poetry to relax you, cultivate your beauty and reconnect you with your body.



A capsule collection of **4 BEAUTY TREATMENTS** for a journey to wellbeing of body & mind. Before each session we hear you out and adapt the treatment to your wants and needs.

1 BAUME INTEGRAL FOR THE FACE

A precious facial treatment custom-designed just for you; a special moment. An intimate conversation between you and your skin, leaving you looking just great.

Baume Intégral bespoke treatment feeds your skin with an exclusive cocktail of organic herbals, wild flowers and natural minerals, applied with expertly targeted movements that stimulate the circulation of energy in the face, neck and shoulders.

A glow that radiates from inside to out, for a blooming, dewy-fresh complexion. You'll feel so young! Filled with a new energy, ready to accomplish great things.

2 LETTING GO

With a touch as soft as a feather. Let go in total trust as our expert listens to what you have to say and senses your body's needs from the first touch.

A relaxing head-to-toe massage, designed especially for your wants and needs of the moment. It's unique to you, never the same, never predictable.

Sink into a sense of marvellous enchantment in which you wander at will, your thoughts freed from their habitual patterns. Awaken with a velvet-smooth skin and a mind refreshed and cheerful.

3 SOLID AS A ROCK

Dynamic, tonic, it loosens up the entire body with precise, rhythmic gestures in a fluidly flowing sequence. The reward for your efforts.

Firm pressure and tonic stretching to relax your muscles' knots and tensions and calm any aching joints. Like a whirlwind of energy, it stimulates blood flow and lymph circulation.

No more of that stuck feeling – you're free to float in a waking dream. Then come back to your pacified, deeply revitalised self.

4 A SCENT OF ROSE

Newly grounded, feeling fully connected to the earth, bring your mind out of its mental circles and settle it in your feet. Immerse yourself harmoniously in a treatment that goes to the core of your being, the root source of beauty.

A footbath scented with Provençal rose, nail care, a peel with volcanic stone, a scrub with pink Himalayan salt, reflexology and moisturising with Baume Intégral n°2.

Your feet, sublimely rose-scented, recover their softness and natural moisture. You're perfectly in sync with time, at your own pace, ready to head out with a new sense of confidence and wellbeing.





A collection of **3 GENTLE FITNESS ROUTINES** to take you at your own pace to your essential wellness. Ideal for feeling beautiful, strong and zen. This is for you too, gentlemen!

1 LIFE-SIZE BOOST

A natural setting to stimulate the senses, shape up the body and energize the mind.

BREATHE, STRETCH, WORK UP A SWEAT

From L'Amarine, let's take a stroll in the woods to enjoy the natural beauty of the Alpilles hills. On the way, we can indulge in a unique fitness session combining smiles and laughter with a cocktail of dynamic exercises in harmony with our surroundings.

CARDIO TRAINING + STRETCHING + DYNAMIC WALKING + BREATHING EXERCISES
=
STIMULATION + TONING + OXYGEN BOOST + SLIMMING + SHAPING CURVES

A lungful of fresh air links our heart to our roots. Build up your stamina and keep yourself in good physical shape.

2 SAPSSAIE

SAPSSAIE is a method 'made in Provence' by Mélanie. Building on her experience she has worked out a recipe inspired by yoga, postural methods and sophrology. SAPSSAIE is a psychophysical discipline for conserving or recovering sound physical and emotional health.

The principle is to assist stretching by releasing all tensions that are not needed to maintain the posture. To establish a relaxed posture, movements and poses are accompanied by slow, deep breathing. You pay attention to bodily sensations, support points and breathing. The session ends with a moment of repose to integrate that awareness and feel the relaxation settle into body and mind.

Our minds open up and are better able to take a positive, benevolent view of events in our lives and find the inner resources we need for our wellbeing.

3 MY GOOD MOOD BUBBLE

Taking care of our body, cultivating a positive attitude and appreciating our emotions through our breathing ... and enjoying the present moment.

YOGA - PILATES

Whatever your level, set the cursor to adapt the session to your personality and needs. When the weather is fine, sessions are held in the Mas de L'Amarine garden.





COCOON BOOT CAMP BY CLUB CONCEPT

A bespoke adventure to shape up and revitalize through a global approach to body and mind that adapts to each person with a bespoke programme tailored to their individual needs and tastes.

YOUR BESPOKE PROGRAMME

First we and you decide together what you want from the programme, which is supervised by qualified professionals. This way we can really focus the programme on your wants and needs, be they for a general re-balancing, a detox cure, an anti-stress programme, weight loss, preparation for a sports event, or a simple wellbeing break.

Your made-to-measure programme combines several themes:

SHAPING UP

Cardio-Training

Jogging, Nordic Walking, Cardio Gym

Muscle strengthening - Tummy toning

Pilates, Gentle Gym, TRX, Yoga, Sapsaie

Muscular recovery - Flexibility - Relaxation

Stretching, Flow Yoga, Relaxation

THERAPEUTIC TREATMENT

Osteopathy & Fascia-Therapy

Frame and muscle rebalancing

Naturopathy & Diet

Diet rebalancing – Iridology – General balance

Psycho-energetics

General rebalancing - reprogramming

WELL BEING & BEAUTY

Relaxing massage

Energy massage

Facial care

Body care

Our experts will make sure to put you on the road to perfect balance

OUR FORMULAS

COCOON BREAK

2-day programme

5 sessions selected for your bespoke programme

1 person: €390

Additional person: €240

COCOON BOOT CAMP

5-day programme

15 sessions selected for your bespoke programme

1 person: €990

Additional person: €650

