

Hôtel du Couvent
Nice, France



THE ROMAN BATHS
"Mens sana in corpore sano"



THE CONVENT ROMAN BATHS

“MENS SANA IN CORPORE SANO”

As a tribute to the remains of the Roman baths on the hill in Cimiez, Nice, the Hôtel du Couvent has a thermal bath circuit which embodies the ancient tradition of caring for the body and mind with water, movement and treatments - “mens sana in corpore sano”.

A visit to roman baths is the ideal way to relax and follow a personalised treatment programme, moving through a series of increasingly warm pools to finish with a cool plunge, passing through areas dedicated to treatments, water and sport.

In addition to a series of roman baths, pools and an open-air swimming pool, the convent roman baths also offers a Movement Studio dedicated to exercise, dance and movement, several massage and treatment rooms and a cultural centre to relax the mind, for a truly holistic wellbeing experience. Thermal baths are also a place to meet, chat, learn and recharge one's batteries, a place which embodies a vision of “enhance wellbeing” based on three ancient principles: water, physical activity and treatment.



- Water with two swimming pools, and a thermal bath and pool circuit (*frigidarium*, *tepidarium*, *caldarium* and *natatio*) each with a specific temperature and role
- Physical activity at the Movement Studio (*palestra*), a space dedicated to movement, an integral part of this holistic approach to wellness inspired by the Romans – dance and floor-barre exercises, intensive functional workouts, meditation, gymnastics, yoga, etc.
- Dedicated treatment area (*destrictarium*) with tailor-made massages using essential oils selected by the Hôtel du Couvent herbalist, and personalised facial treatments using natural products from carefully selected brands.



CHAPTER I

THE PURIFYING WATERS OF ROMAN BATHS

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The bath circuit at the Hôtel du Couvent is almost circular, true to Ancient Roman tradition. After leaving belongings in the changing rooms (*apodyterium*), bathers can warm up with exercise or directly walk into the thermal area and enter the first of a succession of pools, each increasing in temperature. To enjoy the greatest benefits, bathers should begin with the warm water of the *tepidarium*, then move on to the hot *caldarium* and finish off with a plunge in the cool *frigidarium*. There is also an indoor swimming pool and a relaxation pool, or bathers can complete their circuit with a body or facial treatment.





CHAPTER 2 IMPROVE YOUR PHYSICAL WELLBEING AT THE MOVEMENT STUDIO

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The Movement Studio is a space dedicated to physical movement, a place where you work your body intensely or gently to improve strength, flexibility and resistance. There are a range of activities available as part of a daily programme, individual sessions or group classes: functional training to improve sporting and everyday agility, breathwork to eliminate toxins and stress, dance and floor-barre classes with a blend of Pilates, aerobic exercises, ballet, yoga and meditation, Ginastica Natural, and Animal Flow, a ground-based fluid movement system.

**Personalised coaching available on request*

CHAPTER 3

WELLNESS BENEFITS OF TREATMENTS AND MASSAGE

The Hôtel du Couvent has designed a wellness area that offers personalised services inspired by the benefits of plants and expert techniques. Natural treatments and techniques are provided according to protocols defined for the hotel in partnership with several practitioners and carried out with partner brands in order to offer an entirely personalised experience.

We have worked closely with selected brands and Melinda Bognar from Muse & Heroine Healing House, Paris, to design facial treatments which incorporate a skilful blend of selected techniques and products. Every person is different, that's why a precise skin analysis is carried out before selecting the most appropriate facial treatment for each individual. Each partner brand (Monastery, De Mamiel, Lesse, Ranavat, Lilfox and Activist) has been handpicked for its holistic approach and natural ingredients, true to the philosophy of care once practiced by the nuns in the convent.



Body massages are tailored to individual needs and preferences with a customised selection of local essential and botanical oils from the herbalist at the Hôtel du Couvent. There are also Esthederm sun treatments, Luca Bagnara lymphatic drainage massages and other specialised energetic treatments* such as shiatsu, reflexology and acupuncture to complete this third ancient Roman principle of wellbeing.

The Roman Baths also regularly offer a programme ranging from residence of renowned facialists to exercise retreats, conferences and weekends in line with our wellness philosophy.

- **Personalised facial**
60, 75 or 90 minutes
- **Personalised body massage**
60, 75 or 90 minutes
- **Lymphatic drainage**
- **Specialised treatments**
Reflexology, shiatsu, acupuncture...
- **Before and after sun treatments**

*On request



MEMBERSHIP TO THE CONVENT ROMAN BATHS

The roman baths are open to a limited number of members
who can benefit from unlimited access to the Roman circuit, swimming and thermal pools,
all Movement Studio classes and priority bookings for organised events.

FOR FURTHER INFORMATION, PLEASE CONTACT

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