



Hôtel du Couvent
Nice, France

A RETREAT AT HÔTEL DU COUVENT
THE SPRING EQUINOX

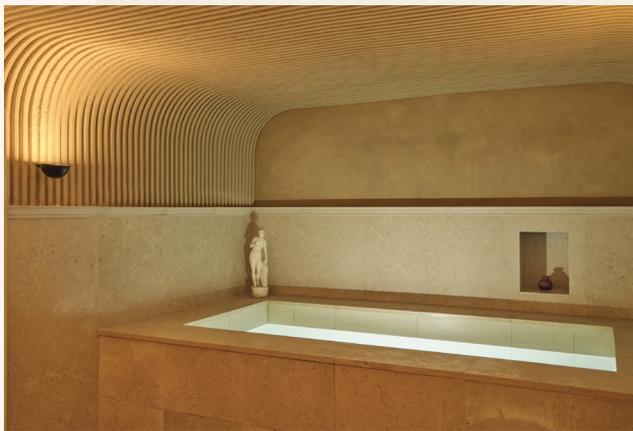


A RETREAT AT HÔTEL DU COUVENT THE SPRING EQUINOX



For the duration of a weekend, Hôtel du Couvent is partnering with Victoire Spoerry to offer a truly restorative escape at the Thermes du Couvent. Through a curated program of yoga, meditation, and specialized treatments, this retreat invites you to rediscover vitality, clarity, and serenity.

Tailored for a small group, this experience offers a holistic approach to well-being, where every detail is crafted to re-harmonize body, heart, and energy.



ANGELO

THE POWER AND PRECISION OF THE GESTURE

For over twenty years, Angelo was the star therapist at Chenot. Trained in the most advanced techniques of detox, body reactivation, and regeneration, he now brings his expertise to a discerning international clientele in the world's most restorative settings.

His massages are a rare experience — deep, precise, and powerful — following an exclusive protocol he developed to rebalance the body's flow, release tension, and rekindle vital energy. This is far beyond simple relaxation; Angelo practices an art of touch that blends deep tissue, osteopathy, Chinese energy medicine, and acupuncture — a dialogue between fire and softness.

Each session is a transformative encounter, a subtle dance of power, intuition, and kindness. To meet Angelo is to rediscover your own body: feeling it realign, purify, and find true freedom.



VICTOIRE THE INNER LIGHT



A passionate explorer, Victoire has spent years discovering the many facets of the wellness world: meeting inspiring therapists, training in energy techniques, and developing a deep understanding of nutrition and bodily vitality. Her spirituality, rooted in Indian traditions, is the guiding thread of her approach: leading each individual back to their inner light, to peace, and to clarity.

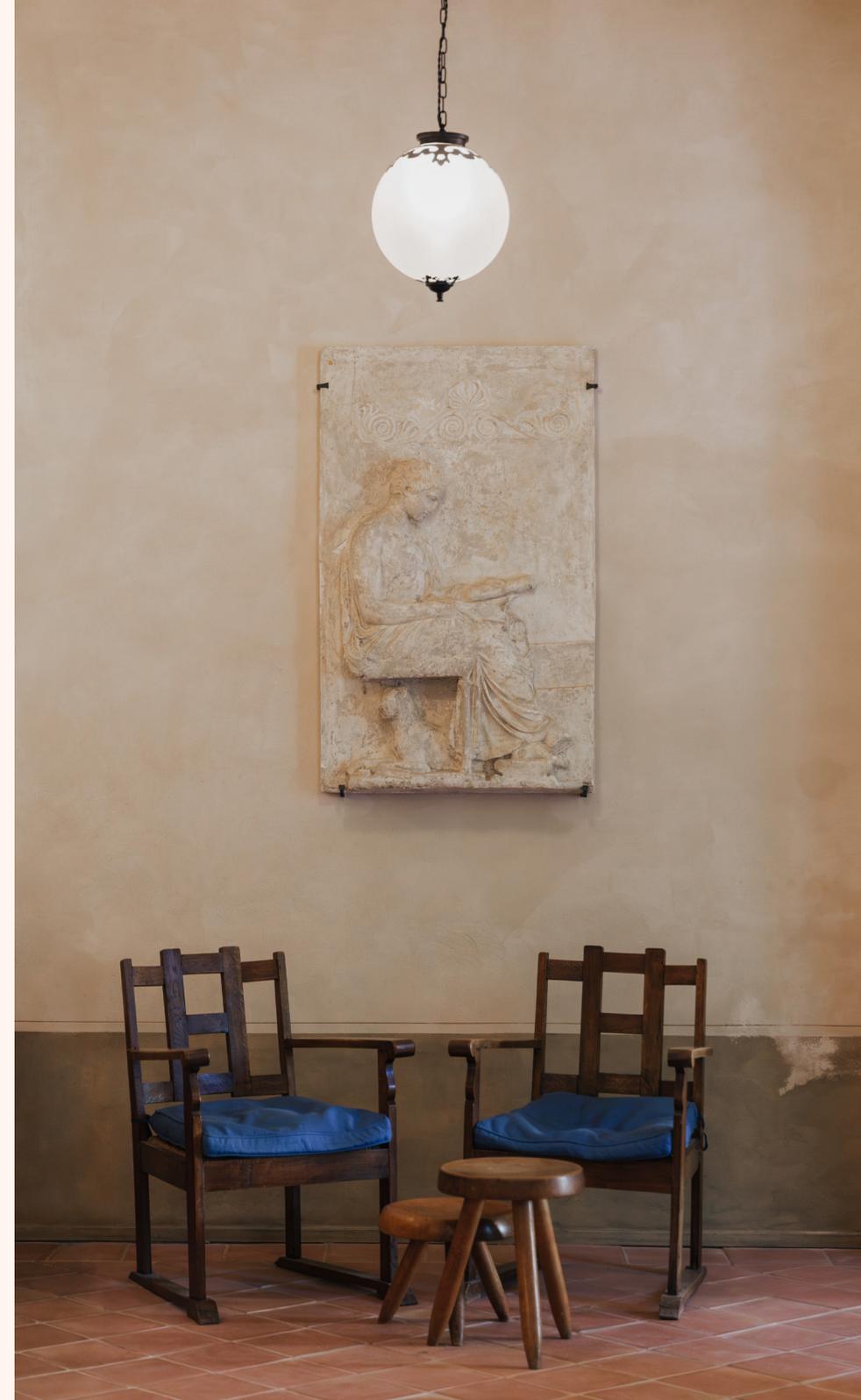
For several years, she has hosted retreats designed as sanctuary moments for reconnection—opportunities to relearn how to listen to the body, soothe the mind, and reclaim one's vitality. She collaborates with numerous leading destinations at the forefront of longevity and transformative well-being, where she curates and leads unique experiences.

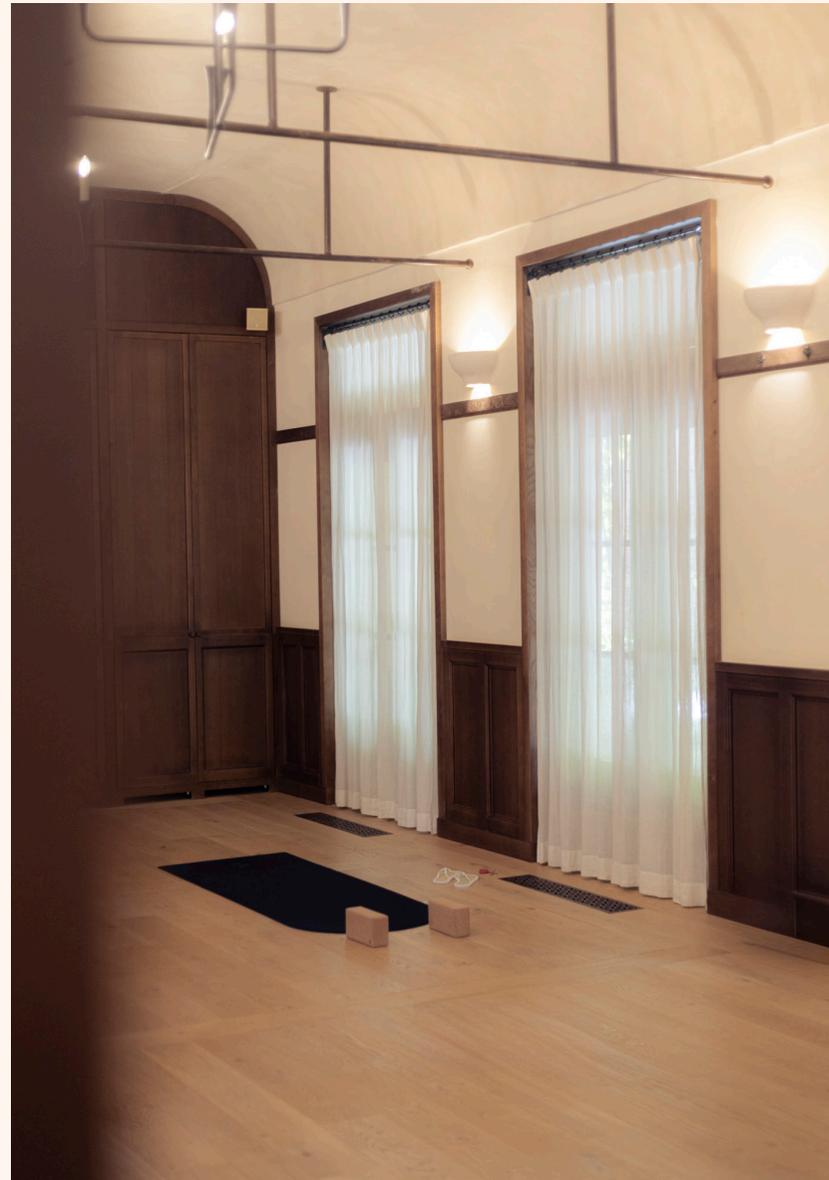


A SHARED VISION A UNIQUE EXPERIENCE

Together, Victoire and Angelo embody a groundbreaking approach to detox: a dialogue between body and mind, between the science of movement and inner wisdom. Their combined perspective—his, rooted in physical power and the precision of the gesture; hers, in listening, guidance, and gentleness—offers a complete and profoundly human experience.

Their philosophy: there is no universal solution, only a unique harmony to be rediscovered within each of us. Angelo activates the body through his detox yoga protocol, meditation, and therapeutic massage. Victoire provides the guidance, creating the space for transformation to take root with kindness and clarity.





RETREAT PROGRAM HÔTEL DU COUVENT, NICE

Instruction will be provided in both French and English.

FRIDAY, MARCH 20TH OPENING & GROUNDING

3:00PM — Arrival and Check-in.

AT YOUR LEISURE: Discover the charm of Nice, relax at the Roman Baths, or enjoy a massage with the Roman Baths team or an exclusive session with Angelo (*available upon request, at an additional cost*).

5:00PM — Breathwork, meditation, and Hatha Yoga with Angelo (90 MIN).

7:30PM — Three-course dinner at Le Restaurant du Couvent, hosted by Angelo and Victoire.



RETREAT PROGRAM

HÔTEL DU COUVENT, NICE

SATURDAY, MARCH 21ST DETOX & LIGHT

7:30AM - Sunrise yoga (for the early risers)

BREAKFAST AT THE HOTEL

9:30AM - Opening circle: «Light & Motivation»
workshop

11:00AM - Detox yoga (60 MIN)

COMMUNAL LUNCH

FREE AFTERNOON : Relax at the Roman Baths or enjoy a
treatment. *(optional: hotel treatment menu or detox
massage with Angelo — additional cost)*

5:00PM - NUTRITION WORKSHOP

EVENING AT YOUR LEISURE



RETREAT PROGRAM HÔTEL DU COUVENT, NICE

SUNDAY, MARCH 22ND
ELEVATION & INTEGRATION

7:30AM - Sunrise yoga (for the early risers)

BREAKFAST AT THE HOTEL

9:30AM - Talk / Workshop
Daily Rituals

11:00AM - Detox yoga (60 MIN)

COMMUNAL LUNCH

2:00PM - Seaside walk (45 MIN)

3:00PM - Closing circle: reflection, sharing, and
guidance

Retreat concludes around 5:00 PM. *(Optional Spa
treatments available at an additional cost)*

EVENING AT YOUR LEISURE





RETREAT RATES

(Including the activity program and meals as mentioned)

SINGLE OCCUPANCY

- €1,550 per person for 2 nights

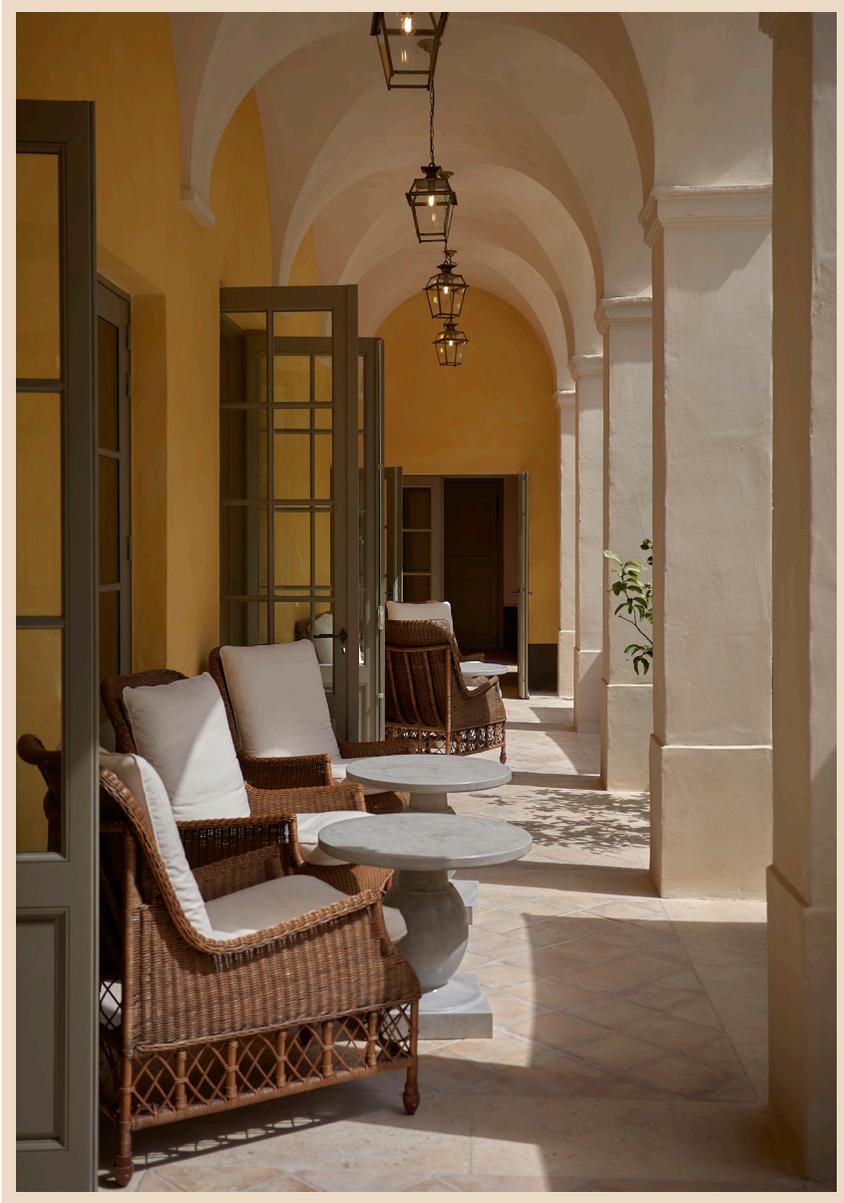
DOUBLE OCCUPANCY *(King bed or twin beds upon request)*

- €2,150 for two people
equivalent to €1,075 per person for 2 nights

OPTIONAL EXTRAS

- Roman Baths massage : €180 - 60 min
- Exclusive massage with Angelo : €210 - 60 min
€280 - 180 min
- Roman Baths facial treatment : €200
- Exclusive consultation with Victoire : €210

We highly recommend booking your treatments in advance to ensure availability.

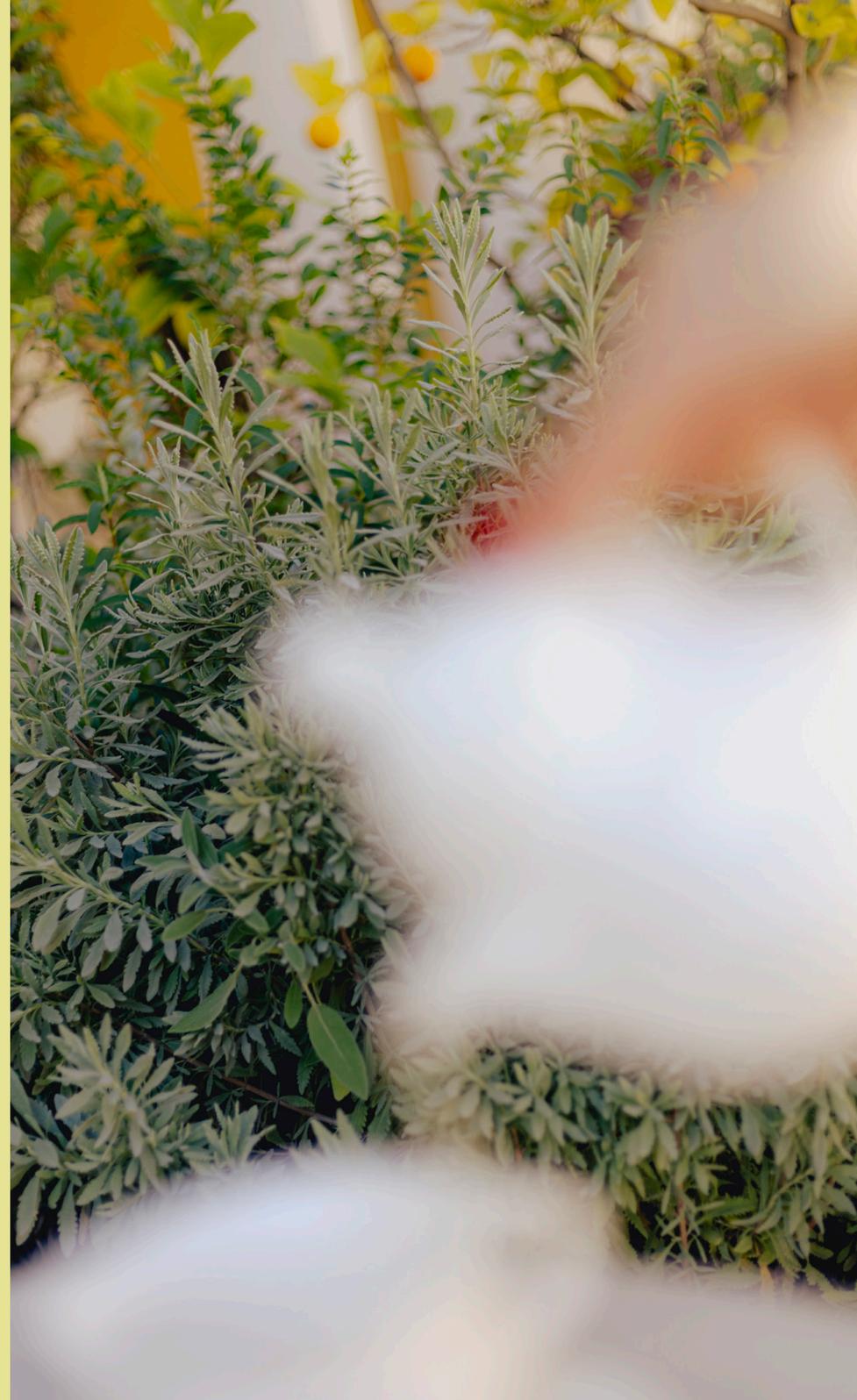


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For all inquiries, please contact us at:
reservation@hotelducouvent.com+33 (0)4 12 05 55 60





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A LUXURY COLLECTION HOTEL
hotelducouvent.com @hotelducouvent
1 rue Honoré Ugo – 06300 Nice, France