



LES PRÉS D'EUGÉNIE

★★★★★

EXPERT PROGRAMS

2019

RELAIS & CHÂTEAUX





4 EUGÉNIE'S EXPERT PROGRAMS

« Pure Spa » Health Week
« Minceur Essentielle® » Expert Program
« Green EnergyDetox® » Expert Program
« Anti-Ageing » Expert Program
« Slow Life » Getaway
« Detox » Long Getaway
« Detox » Short Getaway

12 EXPERT PROGRAMS : THE KEYS TO EFFICIENCY

20 RATES AND USEFUL INFORMATION



THE ART OF BEING WELL, SINCE 1974

A small palace nested in the heart of nature, Les Prés d'Eugénie is a pioneering retreat resort in France, fully devoted to the enhancement of health, balance and wellness. There, a symbiotic merging of hedonistic nourishment, constant benevolence and the best natural and traditional healing techniques insure outstanding results.

In Eugénie, health and harmony reign supreme. These principles animate the entire house, from the gardens to the kitchens, from the rooms to the treatment room. Our staff, specializing in fields as various as medicine, thermal care, cuisine and hospitality, are proud to unite their many talents to help you live in the moment, make peace with yourself and attain a state of ideal weight and absolute well-being in mind, in body and in soul.

EUGÉNIE'S EXPERT PROGRAMS

*Exclusive care designed for you and you only.
Slimness expertise, internationally recognized since 1975.
Medical skills acclaimed by health authorities
as the foundation of our proceedings... Eugénie's approach
to health is driven by the respect of natural principles,
the highest consideration for our patients' personal needs.*



1

TWO HEAVENLY HEALTH CUISINES®

At Les Prés, we profess a hedonistic and gastronomic approach to dietetic cuisine through **Minceur Essentielle Slimming Cuisine®** and **Great Slimming Cuisine®**, creations of chef Michel Guérard, distinguished with three Michelin stars. **Minceur Essentielle Slimming Cuisine®** is the privilege of guests joining us for the Detox and Minceur Essentielle programs; it was conceived to purify the body, restore balance with great swiftness and efficiency.

Great Slimming Cuisine®, with its abundant choice of fine dishes, is ideal for the Pure Spa and Anti-Ageing programs.

RESPONSIBLE FITNESS AND DIET PROGRAMS

Depending on your needs and desires and on the program you choose, a fitness and diet program will be proposed to you, ranging from the intensive training with its year-round follow-up and individual coaching to the most casual experience, including free access to group and custom sessions.

3

5
NEW

A WIDE ARRAY OF STIMULATING AND TONIFYING EXPERIENCES

Guests willing to improve their stay with wholesome activities sustaining mental and physical health will draw great benefit from the Mind, Body & Soul activities, included in every program. It allows our guests to craft their own path to well-being, with sportive, convivial and creative steps.

6

EXPERT AND NATURAL CARE

The healing techniques handpicked for each program are selected to match the health objectives, and to repair, soothe, drain and rehabilitate the body in a benevolent, natural and wholesome way. In Eugénie, there will be no perfusions, no syringes and no chemicals; you will be treated with tested methods and therapies, based on manual, herbal, dietetic, cognitive, sportive and medical approaches.

2

This medical philosophy stands on six pillars

STATE OF THE ART MEDICAL ASSISTANCE

Each care program offers a suitable and fully personalized medical assistance : full health check, physiotherapeutic assessment, exhaustive nutritional assessment.

4

A RETREAT AWAY FROM TIME

Eugénie's pastoral environment, nested in a vale as luxuriant as it is exotic, is the ideal setting to connect your inner self, and to experience the program to the fullest. The gentle chime of church bells paces the flow of time, as do the whispering fountains and the murmur of wind in the foliage; you will find that hours here elapse in a very unique way.

« PURE SPA » HEALTH WEEK

to be repeated two or three times for enhanced results

7 NIGHTS

It includes:

- Full board in Great Slimming Cuisine
- 18 hot spring treatments (3 per day) depending on prescription
- 5 massages* (scalp, back or feet and legs)
- Access to the thermal steam bath
- Access to the **Mind, Body & Soul** activities
- A global consultation** at the beginning of your stay
- Eugénie's thermal water and infusion cure
- 1 appointment for dietetic counselling, available upon the guest's request

STARTING AT €2737

BON APPÉTIT!

The Pure Spa program includes one festive meal, for either lunch or supper at Michel Guérard's Michelin-starred table. This gourmet break in the Slimness program will let you enjoy all the culinary delights offered at Les Prés d'Eugénie.

THERAPEUTIC GOALS

*Returning to a healthy lifestyle and well-balanced diet
Resting the body
Depending on the care prescriptions :
Initiating a weightloss
Easing joint and muscle pain
Restoring serenity and emotional balance
Gaining vitality*

« MINCEUR ESSENTIELLE® »

EXPERT PROGRAM

to be repeated twice for enhanced results

It includes:

Full board in Minceur Essentielle Slimming Cuisine
1 full dietary and « lifestyle » assessment at the beginning of the program
A global consultation ** at the beginning of your stay
2 body composition analyses, before and after the program
Eugénie's daily thermal water and infusions cure
27 draining hot spring treatments, depending on prescription (39 sessions for the 12-day plan)
Access to the thermal steam bath
4 personalized massages* to drain the body or prevent cellulite (6 massages for the 12-day plan)
4 sessions of individual fitness coaching (6 sessions for the 12-day plan)
1 appointment for a « full evaluation and personalized strategy » dietetic counselling session
Access to the Mind, Body & Soul activities
1 Guide Book helping you with your slimness strategy after the program
Michel Guérard's "Eat Well and Stay Slim" cookery book

STARTING AT € 4 788

« GREEN ENERGY DETOX® »

EXPERT PROGRAM

It includes:

Full board in Minceur Essentielle Slimming Cuisine (Drinks included)
1 full dietary and « lifestyle » assessment at the beginning of the program
A global consultation** at the beginning of your stay
2 body composition analyses, before and after the program
Eugénie's daily thermal water and draining infusions cure
18 draining hot spring treatments, depending on prescription
2 colonic hydrotherapy sessions using Eugénie's thermal water
2 lymphatic drainage sessions
2 foot reflexology sessions
1 Jacquet's renovating facial skin massage
1 dermo-aesthetic consultation
Access to the Mind, Body & Soul activities

STARTING AT € 3 822

9 OR 12 NIGHTS

THERAPEUTIC GOALS

Efficiently initiating weight loss (5 to 10% body weight)

Purifying the body and eliminating toxins

Restoring optimal energetic balance

Refining body shape and building muscle mass

Preventing weight-related health issues such as diabetes, cholesterol and cardiovascular diseases

Improving body image perception

7 NIGHTS

THERAPEUTIC GOALS

Purifying the body and eliminating toxins

Naturally restarting the body's emunctory functions

Returning to an efficient digestion process

Draining and refining one's silhouette

Preventing weight-related health issues such as diabetes, cholesterol and cardiovascular diseases

* These massages are not a medical act, but are performed by graduated aestheticians.

** The global consultation at the beginning of your stay is a complete interview with the Team of the Ferme Thermale; it is not a medical check-up. We advise you to go through a check-up with the Medical Team (€75).

It includes:

Full board in **Great Slimming Cuisine**

1 full dietary and « lifestyle » assessment at the beginning of the program

A global consultation* at the beginning of your stay

1 body composition analysis

Eugénie's daily thermal water and infusions cure

24 hot spring treatments, depending on prescriptions

1 personalized kinesiotherapy massage

1 Jacquet's renovating facial skin massage

Access to the thermal steam bath

1 physiotherapy check (osteo-articular system)

1 appointment for a « full evaluation and personalized strategy » dietetic counselling session

1 dermo-aesthetic consultation

Access to the **Mind, Body & Soul** activities

STARTING AT € 3 640

* The global consultation at the beginning of your stay is a complete interview with the Team of the Ferme Thermale; it is not a medical check-up. We advise you to go through a check-up with the Medical Team (€75).

THERAPEUTIC GOALS

*Assessing the current state of your body
(metabolism, bone structure, ageing)*

Rebalancing the body's metabolism

Lowering the levels of oxidant stress

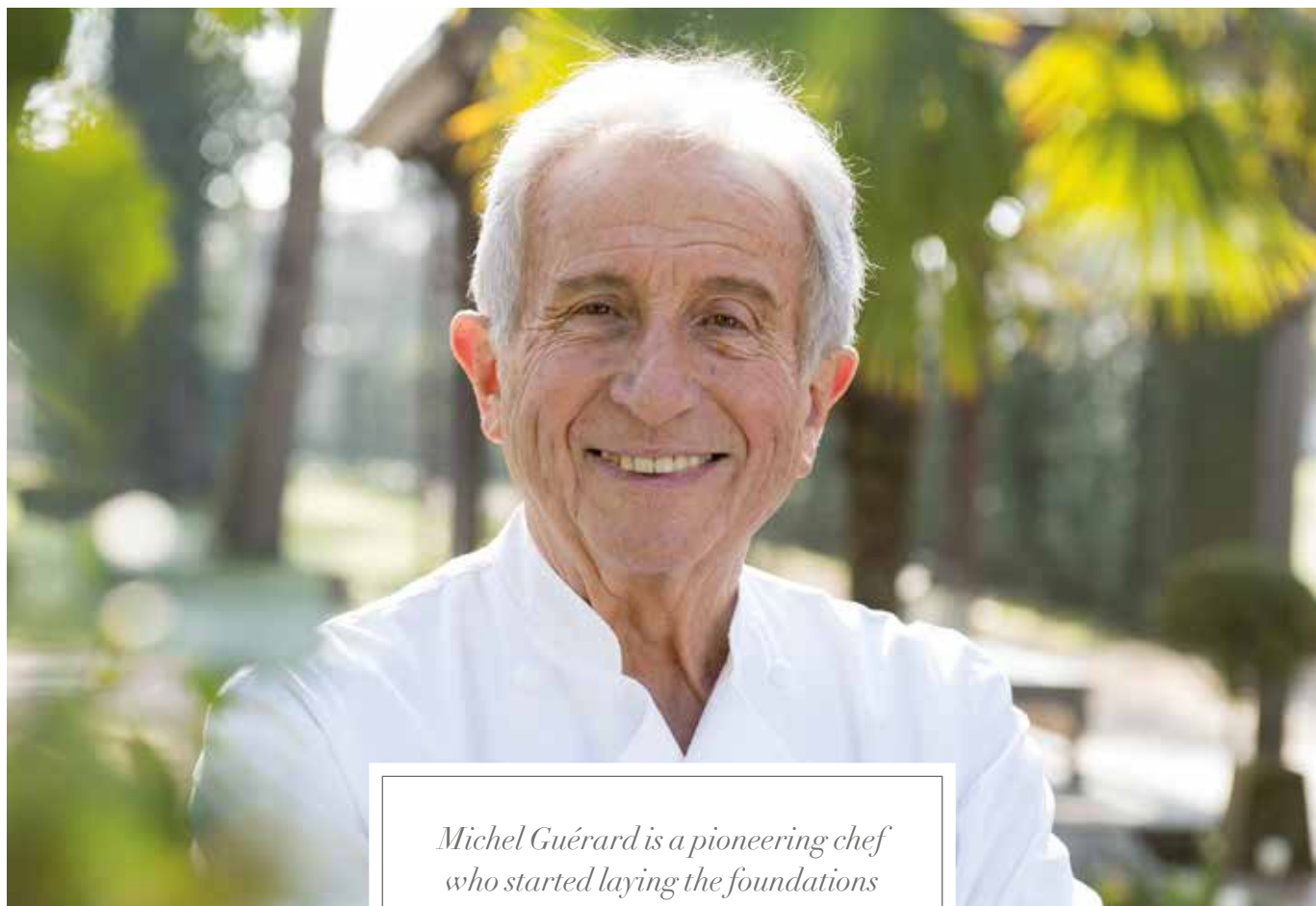
Restoring adequate energetic balance

Rebuilding good nutritional habits

Improving vitality

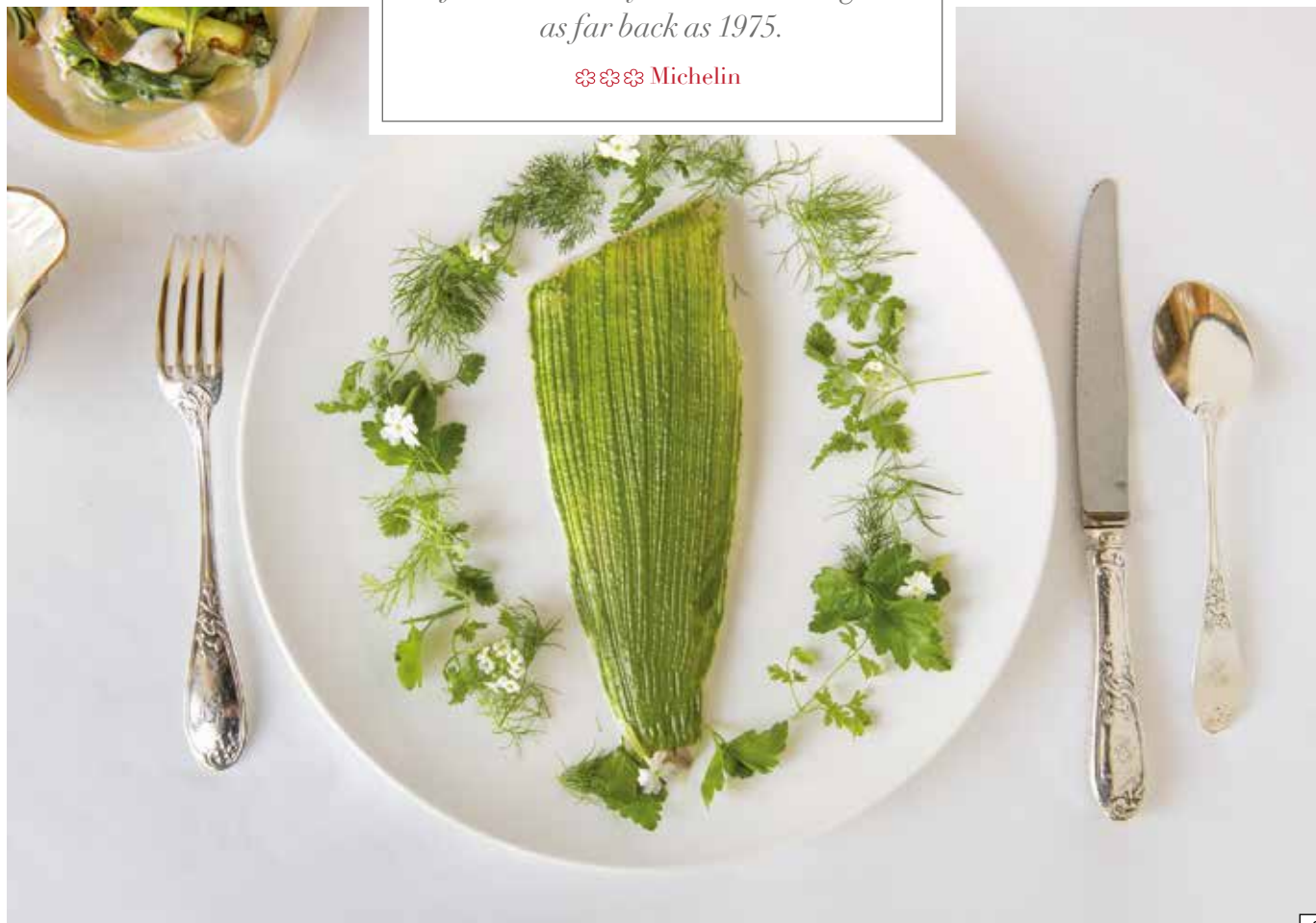
*Preventing age-related health issues
(joint and muscle degeneration, diabetes,
hypertension, cholesterol, excessive weight,
digestive disorders)*





*Michel Guérard is a pioneering chef
who started laying the foundations
for this culinary and dietetic magic
as far back as 1975.*

✻✻✻ Michelin



A photograph of a charming French-style cottage. The house features a balcony with a light blue wooden railing. The main entrance has a central glass door with arched windows, flanked by light blue shutters. To the right, another set of light blue shutters is open, revealing the interior. The porch is covered by a trellis of green vines with small white flowers. In the foreground, there is a wicker armchair and a small round wicker table on a terracotta tile patio. Large green ferns are in the bottom left corner.

Our Getaways 2 or 3 nights



« SLOW LIFE » GETAWAY

3 NIGHTS

This Getaway includes :

- Full board in Great Slimming Cuisine
- Eugenie's thermal water and infusions cure
- 6 hot spring treatments (3 per day)
- 1 Phyto-Aromatic facial skin plumping (Sisley)
- 1 « Le Grand Bain » signature ritual (herbal bath followed by a head and shoulder massage)
- 1 « Le Petit Nuage » signature ritual (aromatic mud wrap followed by a feet and ankle massage)
- Access to the thermal steam bath
- 1 private Iyengar or Shinrin Yoku yoga session
- Access to the Mind, Body & Soul activities

STARTING AT €1407



« DETOX » LONG GETAWAY

3 NIGHTS

This Getaway includes :

- Full board in Great Slimming Cuisine
- 6 hot spring treatments (3 per day)
- 2 massages* (scalp, back or feet and legs)
- Access to the thermal steam bath
- Access to the Mind, Body & Soul activities

STARTING AT €1110



« DETOX » SHORT GETAWAY

2 NIGHTS

This Getaway includes :

- Full board in Great Slimming Cuisine
- 3 hot spring treatments (3 per day)
- 1 massage* (scalp, back or feet and legs)
- Access to the thermal steam bath
- Access to the Mind, Body & Soul activities

STARTING AT €680

Rates per person based on double occupancy

* These massages are not a medical act, but are performed by graduated aestheticians.



EXPERT PROGRAMS

The keys to efficiency

Because their conception relies on over 40 years of experience, our Minceur Essentielle and Detox Green Energy expert programs are a must when it comes to efficiency. Their fundamental principles go as follows.

BEFORE THE PROGRAM

We will start by running a body composition diagnosis, in order to assess the physical structure of the body, investigating basic metabolism as well as lean mass, fat mass and body water. The knowledge we gather during this initial scrutiny will be essential to determine the diet to be followed during your stay in Eugénie and to plan for the aftermath of the program. Along with this evaluation comes a minute survey, which will provide guidelines for our teams to deliver treatments and advice and to recommend follow-up programs in perfect accordance the guest's need.

DURING THE PROGRAM

1

THE MINCEUR ESSENTIELLE DIET

This slimming culinary protocol is detoxifying, emunctory and cleansing, but it always remains a balanced and jubilant experience that is, first and foremost, a feast of exquisite flavours and textures. It is grounded in several overarching principles :

- The intake of purifying liquids, with due regard to the chrono-biological rhythm :
 - › The consumption of thermal water with high calcium and magnesium content before taking in any nourishment. The action of these minerals on intestinal spasticity allows for efficient and natural clearance.
 - › A course of Eugénie's trademark tisane blend, consumed throughout the day, brings energy (natural fructose), prevents inflammation and helps fight viruses (natural menthol)
 - › A wide array of sapid and complex vegetal broths is integrated to the daily routine of meals, preparing for elimination before eating and granting repletion and tasting pleasure.
- A controlled restrictive diet (900 to 1000 kcal per day), blending foods of high nutritional quality :
 - › Calorie intake is reduced to the bare minimum (below the basal metabolic rate), pushing the body to draw from the energy stored as triglycerides in adipose tissue and to release liver glycogen. It is strongly recommended not to carry such a diet on too long a period of time, but the biopsychological « starter » effect nonetheless proves very efficient, especially given the short duration of the program and the fact that guests benefit from strong medical and dietary monitoring.
 - › Proteins of high biological value (complex and diverse chains of amino acids) easily assimilated into the organism
 - › Foods that prevent the acidification of the body, the production of substances that might harm the liver and the destruction of essential organic components.

The “Minceur Essentielle” diet is strict, but it remains balanced, even though it keeps the use of certain ingredients such as refined sugars or fatty acids to a minimum.

To keep this diet going throughout the whole program without losing motivation and keeping it a pleasurable experience, the day is « sequenced » into 4 meals – breakfast, lunch, snack and supper – in keeping with the core values of hedonism: taste and texture, variety and quantity.



DURING THE PROGRAM

2

GASTRONOMY AND BALANCE WITH THE GREAT SLIMMING CUISINE

To everyone engaged in the « Pure Spa » and « Anti-Ageing » program and to all guests joining us for a Getaway, Les Prés d'Eugénie offer the Great Slimming Cuisine ; the impact of this more permissive diet on the human metabolism is equally positive.

Michel Guérard, a truly visionary chef, started laying the foundation of his enchanting and dietetic Slimming Cuisine as early as 1975, and worked his magic ever since.

In touch with today's aspirations, Michel Guérard's diet cuisine explores French tradition as well as exotic charms. He operates a savory reconciliation of the balanced diet requirements with the delights of fine dining. Our Slimness menus for lunch and supper are renewed every day. The Proteins of high biological value (complex and diverse chains of amino acids) easily assimilated into the organism calorie content of the three courses comprised in each meal (starters, main dish and dessert) don't exceed 500 calories, making for a daily intake of about 1250 calories.

A TARGETED EXERCISE PROGRAM

Expert in Physical Activity, our coaches focus on each guest's expectation with regards to weight loss, adipocyte breakdown (fitness walking and cardio training in accordance with the guest's condition), enhancement of body flexibility and psychomotor balance (yoga and therapeutic relaxation). Supervised sessions are held every other day for « Minceur Essentielle » guests to prevent fatigue, but every guest is free to exercise daily according to his or her vitality.

3

4

HOT SPRING TREATMENTS, APPROVED BY THE FRENCH ACADEMY OF MEDICINE

In our programs, deliciously healthy eating is always enhanced with a physiotherapy treatment program, aimed at breaking down adipocytes by either massaging or working out damaged joints. These programs are crafted to suit individual needs, in order to address your health objectives in a targeted, natural and holistic fashion.

- Eugénie's thermal treatments are founded on the synergy between the virtues of the two springs of thermal and mineral water flowing on the domain: Aqua Impératrice's waters, fraught with bicarbonate, emerge out of the ground at 20°C, while Christine Marie reaches 42°C and is rich in sulphur, silica and calcium.
- In addition to the blessing of this mineral bonanza, thermal water also has mechanic and physical virtues when used in massaging showers, in muscle-relaxing baths or under the form of decongestant steam.
- White clay matured in thermal water is combined with carefully crafted blends of medicinal herbs and flowers to form Eugénie's muds, granting them soothing and draining properties, as well as positive repercussions on blood flow.

PERSONALISED DIETETIC AFTERCARE

Focusing on the post-cure period to insure that the effects of your stay endure on the long term, Eugénie's aftercare includes :

- A dietetic appointment at the end of the program, following up on the pre-cure diagnosis.
- The construction of a personalised schedule, adapted to your personal lifestyle, to help you return to a natural and healthy daily routine.
- For Minceur Essentielle guests, a Cookery book to integrate the principles of the « Eat Well and Stay Slim » diet into your daily life.

5



A Day in Eugénie

AFTER HAVING BREAKFAST in bed or on the terrace, you revel in a Morning Yoga session in the panoramic hall or in the meadow, unless you are headed to the outskirts of the forest for Shinrin Yoku practice.... Vitality and positive vibrations to start the day!

AT 10 O'CLOCK, the Ferme Thermale's good fairies provide care, following the program established during the initial consultation. These treatments are selected to meet the objectives you have set for yourself while also respecting your physical condition. After enjoying a break at the thermal steam bath and a purifying beverage, you are ready for lunch.

A LIGHT AND JOYFUL MEAL in accordance with the menu that fits your program, is served to you in the garden or in the restaurant's lounges. To reap the benefits of our chef's cuisine to the fullest and enjoy a harmonious digestion, we recommend you rest for a while, or even that you bask in the delights of a light doze.

THE AFTERNOON is devoted to the activities offered through the Mind, Body & Soul program: will you attend a creative workshop? Take part in a relaxation session? Attend a dietetic conference? Or would you rather enjoy a teatime snack at Café Mère Poule? If you are yearning for solitude, we suggest a quiet time by the pool, a hike in the luxuriant countryside around the palace or a bicycle ride to discover the charms of the neighbouring farms.

AT DUSK, the Minceur Essentielle Cuisine or Great Slimming Cuisine supper is held in the restaurant's elegant atmosphere, after a convivial cocktail gathering our guests once a week.



MIND BODY & SOUL

THE ART OF SELF-CARE



During your stay at Les Prés, the sports and hospitality team recommend a choice of activities to energise the body and cultivate the mind. A new program is conceived every week and includes disciplines available year round as well as other forms of enjoyment inspired by the rhythm of seasons and the possibilities offered by the surrounding nature.

EXERCISING & RELAXING : three times a week, the day starts by an early yoga session. Throughout the day, more tonifying disciplines are reserved to the guests taking part in slimness programs. As being in contact with nature enhances the program's healing effect, our house tends to privilege outdoors sports. Our more solitary or athletic guest will enjoy the full fitness studio, the two hiking paths of 7 and 13 km respectively, the fleet of VTC bicycles and the two tennis courts that the domain has to offer.

INSPIRATION, CONVIVIALITY AND DISCOVERIES : the weekly program is punctuated by a wide array of activities such as creative workshops, tisane workshops, beauty workshops, visits of the garden or of the vineyard, conferences and round tables on dietary questions. A perfect opportunity to both work with your hands and stimulate your brain.

CARE AND TREATMENTS

GENERAL MEDICINE

Medical consultation € 75
(Fees charged freely by the doctors exercising their activity at Eugénie's Thermal Complex as professionals)

THERMAL MEDICINE

Draining/soothing/tonifying treatments € 40
or included

- › Plant-activated thermal bath
- › Weightless white mud bath
- › High-pressure penetrating massage shower
- › Thermal mud wrap
- › Filiform shower
- › Thermal jet shower
- › Leg blood flow-enhancing over activated shower

Digestive hydrotherapy € 60
or included

Thermal steam bath °

NUTRITION

Great Slimming Cuisine ® °

Minceur Essentielle Slimming Cuisine ® °

Pre-cure dietetic check-up
included in the Minceur Essentielle package

Dietetic consultation € 70
or included

Personalised dietetic aftercare
included in the Minceur Essentielle package

Eugénie's thermal water cure °

Detoxifying tisane cure °

Body composition analysis physiotherapy € 50
or included

PHYSIOTHERAPY

Physiotherapy check-up (Certified Doctor) € 70
or included

Therapeutic massage (Certified Doctor) € 70

Underwater massage (Certified Doctor) € 70

Lymphatic drainage € 110
or included

Manual treatment of cellulite € 60
or included

Foot reflexology € 110
or included

Aromatic relaxing massage € 70
or included

Deep energizing massage € 150

MANUAL AND HERBAL SKIN CARE

Jacquet's face contouring € 110
or included

Sisley's Expert phyto-aromatic treatment € 160

Sisley's Anti-ageing phyto-aromatic treatment € 225

Sisley's Slimness phyto-aromatic treatment € 210

FITNESS AND REHABILITATION

Iyengar yoga °

Mat Pilates °

Slimness circuit °

Cardio training °

Nordic walking °

Relaxation, Tensions Off °

Shinrin Yoku °

Targeted muscular reinforcement °

Private session with trainer € 80

° included in the package



THE FERME THERMAL® SPA

In its pastoral and aristocratic premises, typical of XVIIIth century architecture in the Landes region, the Ferme Thermale offers exclusive treatments designed with the help of our herborist, as well as highly refined therapy spaces.

The Farm, sprawling over 1000 square meters, is centered around the large « arial » lounge and its great fireplace, around which guests gather for a tonifying or slimming infusion.

The bath gallery leads to a resting lounge and a terrace shadowed by oaks, an ideal place to bask in the sun comes the spring. The mud and water galleries intersect in front of a large steam bath of oriental inspiration.

No more than 50 persons per day are allowed into the farm to preserve its hushed and cosy atmosphere, where you will be greeted by an expert team of experienced hydro therapists, physiologists, dietitians and beauticians who have nothing but your wellness at heart.

At the Ferme Thermale, care is always provided individually.

CARE INSTALLATIONS

- 5 bath cabins, including 1 imperial cabin
- 2 individual white mud pools
- 3 mud wrap cabins
- 2 individual thermal pools
- 5 shower cabins
- 2 cabins for massages and physiotherapy
- 1 consultation office
- 2 beauty parlours

FREE ACCESS FACILITIES

- 1 thermal steam bath
- 1 « four seasons » resting room
- 1 Fitness Studio
- 1 gift shop and Sisley Salon

BEAUTY WORKSHOPS AND TISANE WORKSHOPS

As part of the Mind, Body & Soul program, Beauty Workshops (courtesy of Sisley Paris) or Tisane and Infusion Workshops where you will be revealed the secret virtues of plants are held each week at the Ferme Thermale.

RATES

EXPERT PROGRAMS

FORETASTE : from February 11th to Mars 14th
 LOW SEASON : from March 15th to April 30th
 from June 10th to July 11th
 from September 29th to December 7th
 HIGH SEASON : from May 1st to June 9th
 from July 12th to September 28th

MINCEUR ESSENTIELLE® WEIGHT LOSS PROGRAM - 9 NIGHTS at Prés d'Eugénie*****						
Lodging & Program (Minceur Essentielle® diet and drinks full board) <i>Rates in Euros per Guest</i>	LOW SEASON			HIGH SEASON		
	one guest with cure (Double Room)	one guest with cure (Single Room)	Accompanying person without cure	one guest with cure (Double Room)	one guest with cure (Single Room)	Accompanying person without cure
Superior Room - 32 m²	4 788	5 643	2 835	5 148	6 453	3 195

MINCEUR ESSENTIELLE® WEIGHT LOSS PROGRAM - 12 NIGHTS at Prés d'Eugénie*****						
Lodging & Program (Minceur Essentielle® diet and drinks full board) <i>Rates in Euros per Guest</i>	LOW SEASON			HIGH SEASON		
	one guest with cure (Double Room)	one guest with cure (Single Room)	Accompanying person without cure	one guest with cure (Double Room)	one guest with cure (Single Room)	Accompanying person without cure
Superior Room - 32 m²	6 429	7 569	3 780	6 909	8 649	4 260

GREEN ENERGY® DETOX PROGRAM - 7 NIGHTS at Prés d'Eugénie*****						
Lodging & Program (Minceur Essentielle® diet and drinks full board) <i>Rates in Euros per Guest</i>	LOW SEASON			HIGH SEASON		
	one guest with cure (Double Room)	one guest with cure (Single Room)	Accompanying person without cure	one guest with cure (Double Room)	one guest with cure (Single Room)	Accompanying person without cure
Superior Room - 32 m²	3 822	4 487	2 205	4 102	5 117	2 485

ANTI-AGEING PROGRAM - 7 NIGHTS at Prés d'Eugénie*****						
Lodging & Program full board <i>Rates in Euros per Guest</i>	LOW SEASON			HIGH SEASON		
	one guest with cure (Double Room)	one guest with cure (Single Room)	Accompanying person without cure	one guest with cure (Double Room)	one guest with cure (Single Room)	Accompanying person without cure
Superior Room - 32 m²	3 640	4 305	1 925	3 920	4 935	2 205

LES FUGUES

[PRICE FROM]

« SLOW LIFE » GETAWAY 3 NIGHTS at Prés d'Eugénie*****		« DETOX » LONG GETAWAY 3 NIGHTS at Prés d'Eugénie*****		« DETOX » SHORT GETAWAY 2 NIGHTS at Prés d'Eugénie*****	
Lodging & Program full board <i>Rates in Euros per Guest</i>	Superior Room 32 m²	Lodging & Program full board <i>Rates in Euros per Guest</i>	Superior Room 32 m²	Lodging & Program full board <i>Rates in Euros per Guest</i>	Superior Room 32 m²
one guest with cure (Double Room)	1 407	une personne avec cure (chambre double)	1 110	one guest with cure (Double Room)	680
one guest with cure (Single Room)	1 812	une personne avec cure (chambre single)	1 515	one guest with cure (Single Room)	950



« BEST-SELLING » PROGRAMS

PURE SPA® HEALTH WEEK - 7 NIGHTS at Prés d'Eugénie*****						
Lodging & Program Full board with Light-Party Dinner <i>Rates in Euros per Guest</i>	LOW SEASON			HIGH SEASON		
	one guest with cure (Double Room)	one guest with cure (Single Room)	Accompanying person without cure	one guest with cure (Double Room)	one guest with cure (Single Room)	Accompanying person without cure
Superior Room - 32 m²	2 954	3 619	2 016	3 269	4 284	2 296

PURE SPA® HEALTH WEEK - 7 NIGHTS at The Maison Rose***						
Lodging & Program Full board with Light-Party Dinner <i>Rates in Euros per Guest</i>	LOW SEASON			HIGH SEASON		
	one guest with cure (Double Room)	one guest with cure (Single Room)	Accompanying person without cure	one guest with cure (Double Room)	one guest with cure (Single Room)	Accompanying person without cure
Superior Room - 32 m²	2 114	2 359	1 184	2 184	2 499	1 219

Extra charge for a stay in Superior room (28 m²) : € 210

Extra charge for a stay in apartment (40 m²) : € 350

FROM FEBRUARY 11TH TO MARCH 14TH, ENJOY THE FORETASTE SEASON RATES			
Lodging & Program Full board with Light-Party Dinner <i>Rates in Euros per Guest</i>	Les Prés d'Eugénie*****		
	one guest with cure (Double Room)	one guest with cure (Single Room)	Accompanying person without cure
Double Room	2 737	3 612	1 827



Enjoy the ultimate elegance of our Deluxe Rooms and Suites. Additional charge per night by room category for each program.

Chambre Deluxe Jardins 50
Suite Jardins 210

Chambre Deluxe 260
Suite & Temps des Cerises 300

Suite Royale 550
Suite impériale 700



USEFUL INFORMATION

RATES

The prices quoted are prices per person and per package. They include spa program, accommodation in the chosen room category and full board package. **Medical fees are not included in these packages but will be collected directly by the doctor, on the same day of the consultation.** The published rates may be revised without prior notice. Any miscellaneous extras and supplements, which are not included in these prices, such as local tourism taxes, charges for alcoholic beverages, bar, telephone, laundry, etc. must be paid, in addition to the main price, on the day of your departure.

Credit cards: Visa, Eurocard, Mastercard, American Express

MEDICAL VISIT, PREGNANCY

A medical examination is compulsory for Minceur Essentielle® Weight Loss Program, Green Energy® and Anti-Ageing Programs. You will be communicated the time of your appointment 7 days before your arrival. We highly recommend a medical examination for Pure Spa® guests; otherwise, you will be asked to fill in a medical discharge form. Some treatments are contraindicated for pregnant women, our Services must be informed.

BOOKING

Deposit: in order to be able to confirm your reservation, you will be asked a deposit of 30% of the total amount of the chosen package, by means of an authorised debit on your credit card, by postal money order, by a cheque drawn on a bank or by transfer, payable to: CIE HÔTELIÈRE ET FERMIÈRE D'EUGÉNIE-LES-BAINS – MICHEL GUÉRARD (CHEF-EMG). Bank: H.S.B.C. – 44, Avenue Victor Hugo – 40 000 Mont-de-Marsan – Account no. 0183.210.0990.32

CANCELLATION

Cancellation of reservations by the customer: if you are unable to honor your reservation at the planned date and provided that you give the Reservation department written notice no later than four weeks before your arrival date, we offer you the opportunity to carry the deposits paid over to another stay within a period of twelve months and by December 2018. However, if you cancel completely, according to the provisions of article 1590 of the French Civil Code, "any deposits paid are non-returnable."

ARRIVAL AND DEPARTURE

Our programs can start every day of the week, arriving after 3.00pm.

Rooms must be vacated by midday on the day of departure

CLOTHING RECOMMENDATIONS

A swimsuit and sportswear are recommended. Breakfasts are served in the privacy of the room (except at the Maison Rose). For lunch and dinner, we kindly ask our guests to dress elegantly. A casual chic attire is perfectly appropriate.

TRANSFERS

On request, the hotel organizes private transfers to / from the Pau or Bordeaux airports, with an extra cost. For further information and to make a reservation, please contact the Reservation Department.

PETS

Dogs are only allowed in the rooms at the Couvent des Herbes, the Logis des Grives and the Maison Rose. Extra cost of € 26 per day (accommodation only).

LES PRÉS D'EUGÉNIE

EXPERT PROGRAMS

2019

LES PRÉS D'EUGÉNIE – MAISON GUÉRARD

PALACE



Place de l'Impératrice
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INFORMATION & BOOKING

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