





Health, Nature and Wellness activities

Our Wellness Nature Experience is the embodiment of caring and renewal using the environment: Bel Ombre is the perfect place for you to discover the deep healing experience that lies within our natural world, from the sea to the forest. Our Mind and Body Sessions will teach you to truly connect your mind and your body: yoga, tai-chi, qi gong and meditation sessions are offered to you. We also have an osteopath at the ready, available to cure and restore your body's mobility.

Health, Nature and Wellness activities

WELL BEING & HEALTH CARE

WELLNESS CONSULTATION

25 MINUTES
FREE

Are you feeling stressed, overtired, and overwhelmed? Are you feeling persistent tensions and body pains? Meet your Wellness Expert and Osteopath who will tailor a programme for you during your stay where you will also learn technics to bring back home.

OSTEOPATHIC TREATMENT

60 MINUTES
RS. 2,800

Osteopathy is a form of drug-free non-invasive manual medicine that focuses on total body health by restoring body mobility. Its aim is to treat causes of pain, symptoms and functional disorders, to rehabilitate body functions.

GOLF OSTEOPATHIC TREATMENT

60 MINUTES
RS. 2,800

Osteopathic treatment specialised on improving the game of the golfer. The treatment consist of working on the mobility, flexibility and any physical discomfort.

REIKI

60 MINUTES
RS. 2,500

Reiki is a healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional wellbeing.

WELL BEING & HEALTH CARE

HEALTHCARE MASSAGE

45 MINUTES
RS. 2,800

Based on the instructions of our osteopath, our spa therapist will give you a pleasant and effective healthy massage.

- Lymphatic Massage
- Back Pain Massage
- Digestive Massage

HEALTH & WELLBEING WORKSHOPS

40 MINUTES
RS. 2,000

Come and find the tools for a better life (sport, work and your every day to day life).

- Proper breathing to manage your stress and tension
- Eat well to be fit, slim and healthy
- The right posture to remove pain
- Master or slave of your brain

MIND-BODY PRIVATE SESSIONS

LEARN THE ART OF RELAXATION BY SEVEN COLOURS

45 MINUTES
RS. 2,000

Anti-stress method: Relax your mind, body & soul through breathing & mind conscious techniques.

CHAKRAS BALANCING SESSION

30 MINUTES
RS. 1,200

Discover your chakras through our chakras test and balance your energy with specific techniques.

MIND-BODY PRIVATE SESSION

60 MINUTES
RS. 2,000

In order to balance the body, mind and soul, we need to focus on the body and its positive influence on our state of being.

Choose your intensity – easy, moderate, or challenging:

- Yoga
- Tai chi
- Qi gong
- Meditation

FITNESS PRIVATE SESSIONS

PRIVATE TRAINING SESSION

60 MINUTES
RS. 2,000

Do you want to take control of your body, release your tensions, set yourself some goals and be guided? Are you having difficulties finding motivation when training? Our personal trainer will stay by your side through every exercise in our tailor-made exercise programmes.

Exercise programme designed to meet your needs:

- Joints softening
- Core strength
- Tailor-made personal fitness

DAILY WELLNESS ACTIVITY PROGRAMME

Refer to daily activity programme 🌿

Practical wellness fundamentals provided to you with amazing benefits of living a healthier lifestyle.

Participate in our group classes offered every day and discover Mind/Body & Fitness group sessions such as: Yoga / Tai-Chi / Reiki / Qi Gong / Meditation / Wellness Workshops / Stretching / Core strength / Active walk

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WELLNESS CUISINE

Refer to Restaurants' & Bars' menus 🌈

The Gourmet Detox of Seven Colours.

Harmonious, healthy tasty cuisine & cocktails.

A sensory journey through an aromatic universe married to fresh, natural ingredients, which will seduce your taste buds.

(Easily identify Seven Colours carefully selected dishes by our logo in restaurants' menus.)

Available in Annabella's & Le Palmier restaurants:

- Healthy meals
- Vegetarian menu
- Gluten free menu

DETOX & FORTIFYING COCKTAILS

Refer to Bars' menus 🌈

Designed by our Wellness Coordinator and Barman, the Detox Cocktails promote healthy function and supports daily detoxification for optimal health.

- Colon Detox
- Liver Detox
- Kidney Detox

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NATURE EXPERIENCES

NATURE WELLNESS WALK (MIN 4 PERS.)

2H30

RS 1,500/PERS.

We will take you to the beautiful Frédérica Nature Reserve. Follow us in our re-energizing walks, where a guide will tell you all about our endemic species and the history of the region. Breathe in the fresh air of the forest at each resting point, and feel nature's energy flow into you, revitalising your body through stretching and breathing exercises.

SHINRIN YOKU EXPERIENCE (MIN 4 PERS.)

2H30

RS 1,500/PERS.

Shinrin Yoku also known as Forest Bathing, is a term used by the Japanese to evoke the process of being at one in the forest. Barefoot, you'll feel the forest reinvigorating you, permeating your body in osmosis with its energy, scents, and experiences. For every second spent in the tranquillity of this majestic forest you'll learn to be more attentive to each of your senses.

NATURE TREK (MIN 2 PERS.)

2H30

RS 1,500/PERS.

Choose your pace – soft, medium, or all-out athletic and trek through the gorgeous Frédérica Nature Reserve. A powerfully reinvigorating experience, which cleanses and strengthens your body and mind.

ACTIVE SEA WALK SESSION

60 MINUTES

RS 1500/PERS.

We use the marine current for a particular detox treatment, a special thalassic therapy: you walk quickly against the current, which re-energises you and releases you from negative energy.

WELLNESS PACKAGES

YOUR WELLNESS DAY

1 DAY

RS. 5,500

Feeling lethargic, been under too much stress, need a relaxing and pampering day...

This day is made for you!

- 1 Ashtanga Yoga (60 minutes)
 - 1 Healthcare massage (45 minutes)
 - 1 Osteopathic or Reiki treatment (60 minutes)
- Or
- 1 Hatha Yoga (60 minutes)
 - 1 Shinrin Yoku or Nature Wellness Walk (2h30)
 - 1 Aromatherapy massage of your choice (60 minutes)

WELLNESS BREAK EXPERIENCE

2 DAYS

RS. 10,300

Need a breath of fresh air, to recharge and re-invigorate yourself?

These two days will bring you relaxation, wellbeing and serenity.

- 2 Yoga or Tai Chi private sessions (60 minutes)
- 1 Osteopathic or Reiki treatment or Healthcare massage (45-60 minutes)
- 1 Aromatherapy massage of your choice (60 minutes)
- 1 Shinrin Yoku or Nature Wellness Walk (2h30)

WELLNESS PACKAGES

BODY CURE WELLNESS EXPERIENCE

6 DAYS

RS. 20,000

The "Body Cure Wellness Experience" is a programme specially designed for guests wishing to receive quality treatments and fully recover their body.

- 6 Mind-Body private sessions (60 minutes)
- 3 Wellness consultations (20 minutes)
- 3 Osteopathic treatments (60 minutes)
- 3 Healthcare massages (45 minutes)
- 1 Health & Wellbeing workshop (40 minutes)
- 1 Personalised health book
- Detox & Fortifying cocktails with your massages
- Personal Hammam for lungs detox
- Wellness gift in room

COMPLETE WELLNESS EXPERIENCE

6 DAYS

RS. 24,500

This is the perfect holistic package for those who would like to take care of their mind and body.

- 3 Wellness consultations (20 minutes)
- 2 Health & Wellbeing workshops (40 minutes)
- 1 Osteopathic treatment (60 minutes)
- 2 Mind & Body private sessions (60 minutes)
- 2 Healthcare massages
- 1 Shinrin Yoku (150 minutes)
- 1 Aroma Candle massage (60 minutes)
- 1 Sea Walk (60 minutes)
- 1 Coco Spa Ritual massage (90 minutes)

Included:

- Wellness gift in room
- Daily healthy amenities in room
- Personalised health book
- Detox & Fortifying cocktails with your massages
- Personal Hammam for lungs detox

WELLNESS PACKAGES

DISCOVERY WELLNESS EXPERIENCE

3 DAYS

RS. 15,500

The "Wellness Discovery" is the perfect package to help you reconnect with your inner serenity and body wellbeing.

- 3 Wellness consultations (20 minutes)
- 1 Healthcare massage
- 1 Health & Wellbeing workshop (40 minutes)
- 1 Osteopathic treatment (60 minutes)
- 2 Mind-Body private sessions (60 minutes)
- Shinrin Yoku (150 minutes)
- Aroma Candle massage (60 minutes)

Included:

- Wellness gift in room
- Daily healthy amenities in room
- Personalised health book
- Detox & Fortifying cocktails with your massages
- Personal Hammam for lungs detox

CUSTOM YOUR WELLNESS PACKAGES

According to your needs and objectives, our Wellness Expert & Osteopath designs your own tailor-made package.

What are the benefits?

- Manage your stress
- Relieve your body pains
- Detox your body & mind
- Revitalise yourself
- Get fit & healthy
- Improve your swing
- Relax and take care of yourself

Your package will include a minimum of 3 sessions/treatments:

- Spa & Beauty treatments
- Energetic treatments
- Osteopathic treatments
- Healthcare massages
- Mind-Body sessions & workshops
- Fitness
- Nutrition
- Nature experiences
- In room wellness upgrades

According to the number of sessions/treatments selected you will benefit from special rates.

Start now with your free consultation.

ADD-ONS TO PACKAGES

IN ROOM WELLNESS UPGRADES

Achieving a deep level of relaxation and wellness is a daily commitment.

Your «wellness in room» pack will maximise your chance to be able to work on yourself to achieve that goal by associating fragrances, colour therapy and relaxation.

WELLNESS PACKAGES

RS. 6,000

Included:

- Colour therapy
- Yoga mat
- Fragrance & Pillow mist in keeping with your chakras
- Healthy mini bar
- 1 bath menu

YOUR CUSTOM PACKAGE

RS. 8,500

Included:

- Wellness gifts
- Wellness consultation
- Healthy mini bar
- Daily Healthy Amenities in room
- Healthy food
- Colour therapy
- Yoga mat
- Fragrance & Pillow mist in keeping with your chakras
- 1 bath menu



WELLNESS EXPERIENCES

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