

# LOUCALEN

PROVENCE

## LOUCALEN ESTATE (Cotignac, Var) : 100% PROVENCE, 100% WELLBEING



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Imagine a haven surrounded by nature, steeped in history and offering immersive experiences in Provence... A place to reconnect with nature, with others, and with yourself... Come and discover Lou Calen. Recharge your batteries and recapture your wellbeing in Lou Calen's breathtaking setting, while the hotel takes care of your every need.

Lou Calen is a magnificent three-hectare country estate in the heart of Cotignac, a traditional bustling village in Provence, just a stone's throw from the Cote d'Azur. Lou Calen offers you original experiences designed to help you discover all the riches of Provence Verte and the Haut Var by introducing you to the region's most famous figures and places ! The hotel's rich history within the well-loved and famous village ensures that it is an unmissable place to stay Provence.

Live life to the soothing Provençal rhythm !

[Lou Calen website](#)

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## RECONNECT AND DISCOVER LOUCALEN

Nestled in the well-known Provençal village of Cotignac, beneath the iconic limestone cliffs, Lou Calen invites you to discover what's on offer. Take the time, enjoy your surroundings, and appreciate every moment. As the first rays of sunshine touch the estate, have your breakfast on the terrace, enjoy the birdsong and the lapping of the water features, and plan your morning : a guided tour of the village, a dip in the pool, a botanical walk... go where your fancy takes you. Why not stay within the hotel estate and take advantage of the wonderful privacy and the freedom to discover the many secret corners full of charm and mystery : an ancestral well, wrought iron tables, hidden benches. Why not take it further and have a picnic in the shade of the olive trees, play a game of petanques by the wine bar, take in a live concert at the craft brewery bar, or savour the sunset over the lavender fields.

Fall into the steady rhythm of life under the Provençal sun. Disconnect from everyday life and enjoy the present moment with these enriching experiences. Our holistic programme is an invitation to unplug from everyday life and to listen to your body - we promise that you can relax, unwind, and return to basics during your holiday. Whether through yoga, meditation, pilates, and more, take your time and enjoy every minute.

Find the programme that will make your stay a real getaway !

Come, stay, and live at the rhythm of the slow life under the southern French sun.



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### Harmony of Body and Mind

Live life to the soothing Provençal rhythm...

Lou Calen's holistic hotel programme is certain to entice you away from everyday life and take refuge in self-care.

We have so many wellbeing activities and workshops on offer within the hotel estate : yoga, meditation, pilates, sports coaching, massages, even crafting natural cosmetics - there's something for everyone ! Take advantage of these offers and enjoy the incredible atmosphere and unique spots within Lou Calen, from the lavender fields to the olive groves, to the vineyards, to the wild meadows.

Have a look at what's on offer and make the decision to take a break and reconnect !

### Botanical Walk with Vera in the Lou Calen Gardens

Saturday June 18th

Are you interested in learning about wild plants ? Even tasting them, too ? Then prepare for the botanical walk with Vera, a local plant enthusiast. Wander through unspoiled three-hectare Lou Calen estate and hear all the secrets of our local Provençal wild plants.

You will discover, among other things, that *immortelle* has excellent healing properties, that the strawberry tree's leaves can be a very good urinary antiseptic, that lavender flowers can be infused in tea to aid sleep, that hackberry fruits help with indigestion, and that the French language owes the word *baccalaureate* to the laurel tree.

Since last October, Lou Calen has been holding these fun and informative walks, accessible to all. Vera, a local specialist with a degree in phytotherapy and herbalism, is our well-loved guide. For two hours, she shares her love for plants, and teaches about their properties and uses, whether edible, medicinal or domestic. Above all she tells fascinating stories about each plant, with fun facts and light anecdotes.

Additional information :  
Walk from 10 am to 12 pm  
Price : 25€  
Reservation required, limited places  
[bonjour@loucalen.com](mailto:bonjour@loucalen.com)



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### Charlène's Workshops and Energy Treatments

Friday, June 3rd

This spring, Lou Calen welcomes Charlène Bonifassi, well-known Reiki practitioner and lithotherapist\*. Through workshops and energy treatments, Charlène will introduce you to new alternative therapeutic practices. Thanks to her holistic approach, Charlène guides her patients to free themselves from their physical and emotional blockages by harmonizing the vital energies around the body.

Gua Sha improves the blood circulation of the body and relieves even chronic pain. The stone tool has different shapes to adapt to the many intricacies of the body.

Come and learn these new and alternative practices in medicine, and thereby learn how to extend the longevity of the youth of your skin.



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### Gua Sha workshop on Friday June 3rd

\**Lithotherapy is an alternative medicine practice that uses the stones and crystals in skin and body care. The stones and crystals act on the physical and spiritual plain and rebalance the various vital functions within the body.*

Additional informations :  
Hours : 17h at 19h  
Price: 2 hours - 40€  
Reservation required, limited places  
[bonjour@loucalen.com](mailto:bonjour@loucalen.com)

### Lavender Spindle Workshops

Sunday June 26th and Friday July 15th

Lavandin grower Anna Picquardt teaches the Provençal tradition of lavender spindles. Come and learn how to pick lavender with a sickle, sort through, bend the lavender spears within their stems to preserve the fragrance, weave it all through with a ribbon, and more. Lou Calen guides you towards discovering this ancestral tradition.

Additional information :  
Workshop is from 10 am to 12 pm  
Price : 40€  
Reservation required, limited places  
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## YOUR STAY WITH 100% WELLBEING FOCUS

A stay at Lou Calen brings unique experiences without moderation ! Disconnect from everyday life and enjoy the present moment through enriching and enlivening activities and interludes.

Find the stay that suits you best, and enjoy timeless experiences at Lou Calen !



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### GREEN BREAK

Two night's stay for two people - From €365 per night

A two night escape to recharge your batteries - stay, rest, and fall back into nature to break up your everyday. Take advantage of the three-hectare estate, from vineyards to wild meadows to really let go.

This offer includes :

- 2 nights in a room or suite
- 1 dinner for two at the *Jardin Secret* restaurant (three courses, excluding drinks)
- Breakfasts
- Recommended hiking routes
- 1 hour yoga or meditation session for two
- 1 hour relaxing massage or Reiki treatment for two



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### NATURE & SELF RECONNECT

One night stay - From €350 for two people

Come, stay and relax within the calm and beauty of the hotel estate. Enjoy a treatment and return to a state of harmony and balance in this magnificent natural setting.

This offer includes :

- 1 night in a room or suite
- Breakfasts
- 1 hour relaxing massage per person
- Late departure at 2pm



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### MARKET DAY STAY

One night stay - From €285 for two people

What could be more pleasant than strolling through the colourful and plentiful stalls of a Provençal market ? Every Tuesday in Cotignac the market attracts more than 60 local producers and artisans. Enjoy the sights and take advantage of a special morning of shopping fun - and make sure you take a bit of Provence home with you !

This offer includes :

- 1 night in a room or suite
- Breakfasts
- Tuesday lunch at the *Jardin Secret* restaurant, dishes sourced from the market (drinks not included)

[Choose your dates](#)

### ABOUT

Located in the heart of Provence, in the traditional Provençal village of Cotignac, Lou Calen is a three-hectare estate which comprises 24 comfortable guests rooms in the midst of nature with their own private terraces. Two restaurants, two swimming pools, a tennis court, a craft brewery bar, a pastis bar and an art gallery complete the incredible space of this eco-responsible establishment.

### CONTACTS PRESSE

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