



BYBLOS  
— SPA —  
BY SISLEY

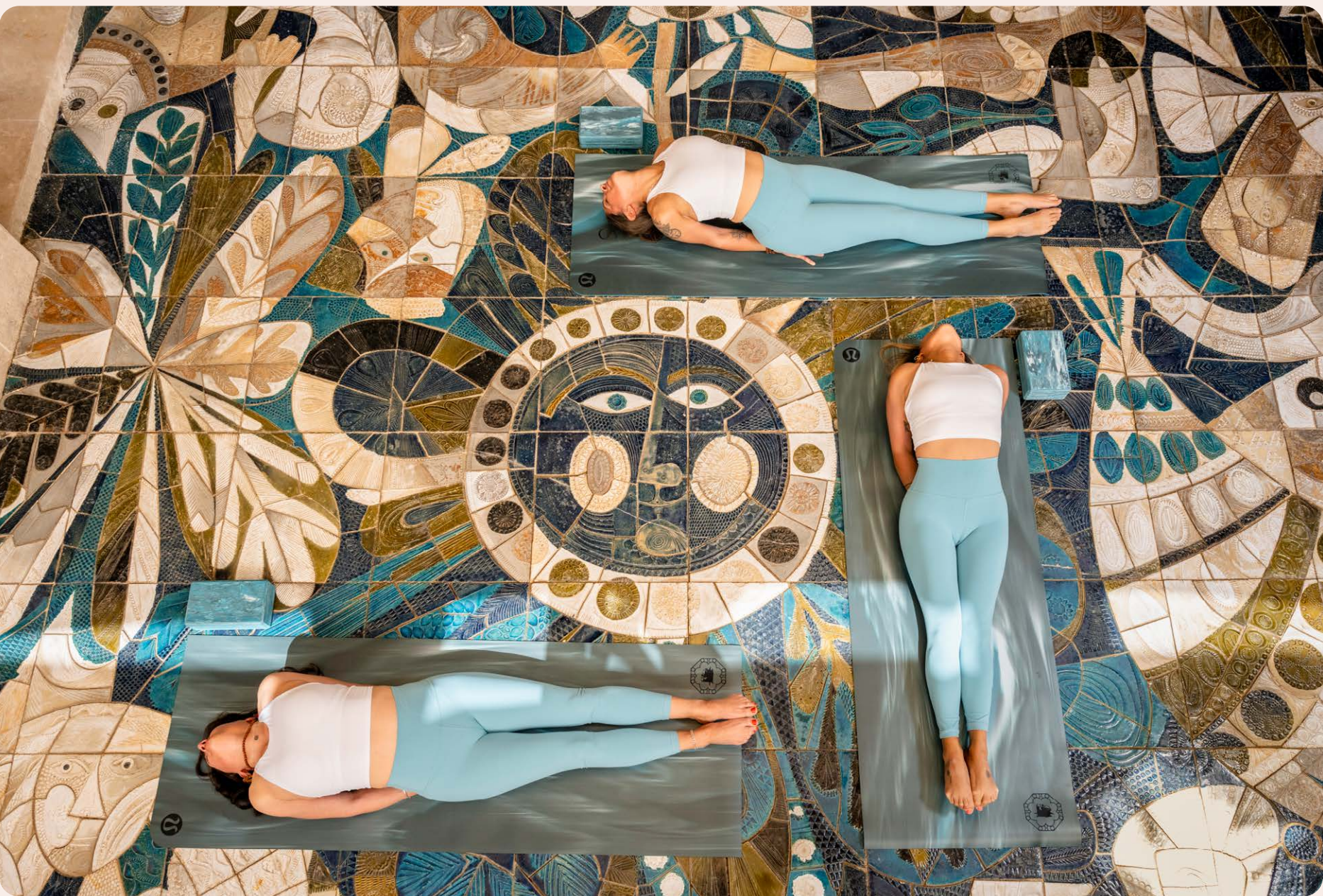
## A NEW ERA FOR WELLNESS:

# HOTEL BYBLOS LAUNCHES ITS NEW SPA AND HOLISTIC PROGRAMME



This May, Hotel Byblos Saint Tropez reopened following a full renovation of its Sisley Spa and the introduction of a new holistic programme, the first of its kind in the hospitality industry. Going further than any other wellness offering in a “Palace” hotel in France, this programme aims to be accessible and meaningful to any guest – whether they are already a practitioner or not – whilst demonstrating exceptional results, not just in the moment, but for the duration of a guest’s stay and beyond. Featuring workshops, remedy treatments and retreats, the programme and the newly renovated spa will allow guests to take a step back from their fast-paced lives, in order to reconnect with themselves for a greater sense of purpose and self-empowerment.

In keeping with its values of exceptional service through human connection, family-owned Hotel Byblos has re-evaluated the meaning of wellness in today’s multiconnected world, where time is essentially a luxury. As such, fourth generation owner Antoine Chevanne has appointed a new wellness and personal development consultant at the hotel, Marion M’Santi. Together, they have curated unique workshops that will allow guests to embark on a journey of self-discovery, awakening body and mind; in order to regain control of oneself through balance, harmony and a search for inner peace.





## A NEWLY RENOVATED SPA...

The Byblos' spa was the very first Sisley spa to open in France in 2007. Today, the 450sqm space has undergone a complete refresh and expansion, led by interior architects Anthony and Marine Ugo and their company Ugo Architecture, to offer guests a 360-wellness experience.

The new environment is inspired by nature but remains true to the spirit of Hotel Byblos' legacy and timeless elegance; therefore, creating a unique atmosphere using the highest quality of materials, such as Onyx. The new space incorporates elements of natural stone and wood, with the use of subdued light and soothing tones such as dusky pink, light and dark blues, greys and creams, to create a serene ambience. Onyx will be worked through different textures and colours, and walls will be more rounded to create a softer feel throughout.

From the furniture to the shower ceramics and the lighting, everything is made to measure to offer a unique space that has never been seen before. The spa features five treatment rooms, a new sauna, an indoor and outdoor relaxing area and a newly redesigned hammam; as well as the introduction of a new space - "The Waterfall Room" - where sensory showers, including jets and waterfall features, have been redesigned to create an original ambience, with music and décor that combines entertainment and relaxation.

The famous Salon Libanais which dates back to the 17th century, and where each stone was transported from a palace in Beirut to the hotel in 1967, remains a couples' treatment room. The patio space, famous for its floor by acclaimed ceramist Roger Capron, also remains and is now used as the space for the new workshops.

The olive tree terrace has now become the new relaxation space for the spa, where guests will be able to rest in between treatments in the sun.

## A UNIQUE WELLNESS OFFERING LIKE NO OTHER...

Antoine Chevanne comments: "As a society, we are constantly connected, performing at a high level as well as travelling extensively. Time, space and having a choice is a luxury today, and I strongly believe that our industry's future will be guided by our ability to offer our guests the chance to reconnect with themselves. It's not just about offering a yoga lesson or a wellness package to guests, but to go further in offering an experiential journey that will demonstrate results and where we will accompany guests every step of the way. Our curated workshops and retreats go beyond practice, in order to awaken inner consciousness of body and mind."

The holistic programme comprises of three stages, depending on how much guests would like to experience - giving them the option to go deeper into the workshops, should they choose to do so. Each stage features workshops and/or experiential retreats which have been created to adapt to each individual's physical, psychological and emotional need, whatever the time of day. The first two stages are individual workshops, whilst the third stage is mainly aimed at groups; encouraging guests to refocus on themselves through three core pillars: emotion, heart and energy.





## STAGE ONE: THE "INNER HARMONY" TREATMENTS

(SOINS D'HARMONIE INTÉRIEURE)

This first programme is made of five distinctive options, which are adapted to each individual's needs, bookable throughout the day. These treatments respond to a need for alignment and reconnection to oneself through an experience that combines yoga postures, relaxation, meditation and self-awareness. Whether guests are looking to boost their morning with energetic classes or find a more relaxing rhythm as a contrast from their day to day lives, the "Inner Harmony" workshops focus on each guest's self-harmony; and can be booked as a session of 60 minutes but can be adjusted to suit guests needs, for either a shorter 45mn session or a longer 90mn. These coaching sessions aim to guide guests into a state of self-harmony, either on an individual basis or with a partner.

- **Morning Boost:** a dynamic yoga workshop that aims to energetically wake up the body and bring a burst of energy through 'asana' movements that are linked to effective breathing.
- **Rise & Shine:** a more gentle morning class, perfect for individuals looking for a peaceful start to the day. Classes will combine gentle stretching and movements linked to meditations techniques.
- **Recharge Mode:** an evening workshop aimed to let go of all muscular tension and mental pressures, and to fully enjoy an evening of festivities in St-Tropez.
- **Pause & Reset:** a parenthesis in the day for those looking to fully relax. In this evening workshop, the deep tissues and meridians are tapped via postures that are held between three to five minutes to help the body open up and enter into a deep introspection.
- **PRANAYAMA & MEDITATION:** a respiratory workshop focusing on breathwork. In Sanskrit, prana means 'vital life force' and yama means to regain control. Through breathing, guests will learn how to free themselves from stress and experience inner peace of mind, through guided sessions.

*Prices start from 160€ for an individual session, 110€ per person for a couple, and 80€ per person for groups of three or more.*

## STAGE TWO: THE BYBLOS "EPIC JOURNEYS" (LES ÉPOPÉES)

In line with Hotel Byblos' link with Greek Mythology, the "Epic Journeys" are inspired by mythology where an epic narrates the adventures of heroic or legendary figures. These one-day personalised retreats are customised and packaged up in order to adapt to guests' specific needs and incorporate the "Inner Harmony" treatments. There are five "Epic Journeys" available on an individual basis, with the aim to encourage guests to embark on their own journey to self-discovery:

- **GAIA (GODDESS OF THE EARTH):** created for the guest who needs to rest and be taken care of in a slow and gentle way. This course includes a pranayama & meditation class, a deep atsu massage, a lunch around root vegetables and a Pause & Rest yoga workshop.
- **HEPHAESTUS (GOD OF FIRE):** tailored for the active guest who is looking to decompress while still staying active. This course includes guided meditation, a fitness class, a lunch centered around spicy and anti-inflammatory elements and a slim detox massage.
- **OLYMPIA (ETHER):** created for the guest seeking mental, emotional and physical lightness. This workshop includes yoga morning boost classes, tarot reading, a juice cleanse and a Holi Ga massage.
- **AURA (GODDESS OF AIR):** created for those seeking to slow the pace of their life while still feeling connected to the flow of life. This course includes a Rise & Shine yoga workshop, a Holi Ga massage, a light lunch made of cold soups and a sophrology lesson.
- **NEREUS (GOD OF WATER):** designed for those looking to delve deeper into themselves to find peace from within. The classes include a two-hour breathwork session, a slim detox massage, a cleansing lunch and a yoga Recharge workshop.

Each journey is linked to an element (water, earth, fire, air and ether) and an expert will be on hand to identify guests' specific needs and suggest the "Epic Journey" best suited for them. A special gluten-free and vegetarian menu has been created for each journey by Byblos' executive chef, Nicola Canuti; using fresh ingredients from the hotel's own vegetable garden.

An "Epic journey" includes:

- One 60-minute "Inner Harmony" treatment
- One 60-minute Byblos signature massage
  - One gluten-free and vegetarian lunch
- One holistic treatment (tailored to the chosen "Epic journey" experience)

*Prices start from €650.  
Bookings are required 48 hours in advance.*





## STAGE THREE: THE "BYBLOS CONSTELLATIONS" (LES CONSTELLÉS)

Greek Mythology features a collection of myths that Gods and Goddesses could transform into constellations to travel time and transfer their wisdom through light. With this in mind, five group workshops will form the "Byblos Constellations", focusing on one specific theme named after a famous Greek God or Goddess, and spread across the summer season from July to beginning of September.

The idea behind "Byblos Constellations" is to encourage guests to shine bright within a collective group, and embrace their individual conscience. Organised over a three-day weekend from Friday to Sunday, guests will be able to book between 1 to 5 classes per theme, which they can choose in line with what they are looking to experience.

The "Constellations" are divided into group sessions including:

- **PERSEUS:** Shamanism with Marion M'Santi – from Friday, June 30 to Sunday, July 2. An ancient tradition that allows one to re-connect with their inner consciousness and cellular memory, thus reclaiming their true self.
- **CASSIOPEIA:** Breathwork with Nana – from Friday, July 28 to Sunday, July 30. This powerful workshop will practice breathwork. A way to disperse oneself from negative emotions and find inner peace. Please note there are contraindications for this.
- **ANDROMEDA:** Sound healing with Kelly Aura – from Friday, September 1 to Sunday, September 3. This workshop will be based on sound in order to help facilitate movement of our body's water, blood and lymph. The aim is to free ourselves from emotional drain and heighten our energy levels to feel a sense of peace and serenity.

*Prices start from €150 per group workshop.*

Two other "Constellations" are available as individual sessions offering a one-on-one with the consultant for a more personalised experience:

- **BOREAS:** Reiki (individual, 3 hours) with Gaëlle Lorente – from Friday, August 4 to Monday, August 7. This workshop will focus on Reiki, a healing technique based on channeling energy. This will be the only workshop available on an individual basis as its purpose is to help find balance in each guest's energy levels.
- **PEGASUS:** Human Design (individual, 2.5 hours) – from Friday, August 11 to Monday, August 14. This workshop is a true journey to self-discovery through Human Design. A way to reconnect with oneself in a profound and meaningful manner for a better understanding of our emotional, psychological and energetic endeavours.

*Prices for the individual sessions start from €270 per session and include an introductory session.*



## NEW SPA TREATMENTS

The family-owned Sisley brand chose Hotel Byblos as the location for its very first spa in France over 15 years ago; a partnership which made sense due to their synonymous values. Through the years, the brand has gained recognition for its high-end cosmetics and skincare programmes.

Guests can discover the Phyto-Aromatic treatments which incorporates the unique 'savoir faire' of the brand, who are known for their use of essential oils and plant extracts within their products. These facial treatments exist in different versions and are tailored to each individual's skin tone.

In line with the new holistic programme, the spa has now launched three exclusive signature massages specially designed by local expert, Alain Bibart.

- **DEEP ATSU MASSAGE:**

Combining the well-known Shi Atsu massage with the more traditional Swedish massage, this version brings a deep and restorative sensation to the body. It is designed for the specific needs of a clientèle that travels and enjoys a more social life, to quickly restore energy.

- **SLIM DETOX MASSAGE:**

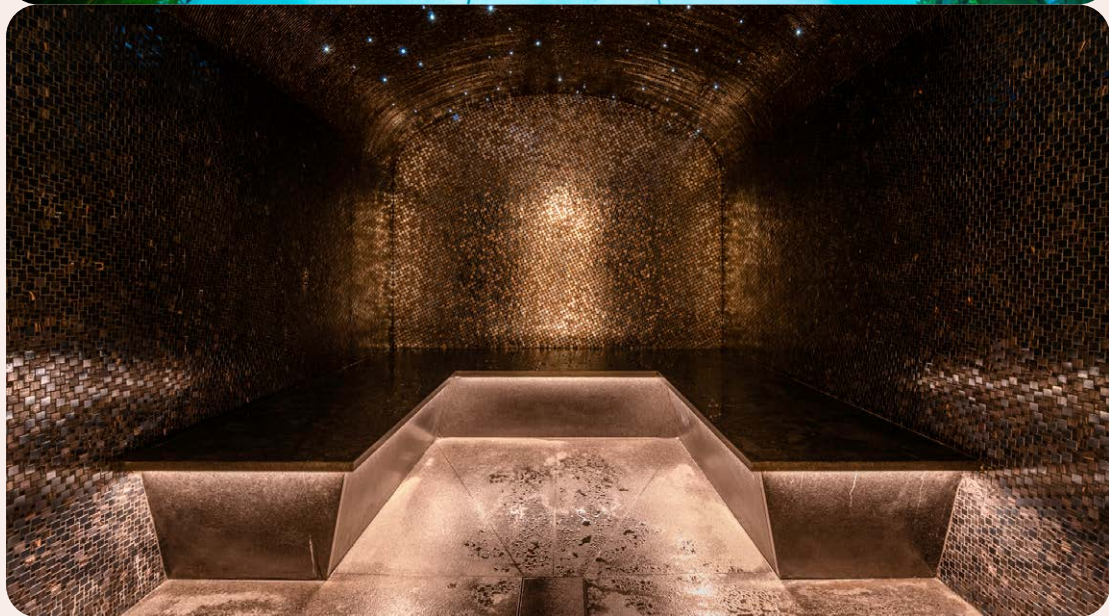
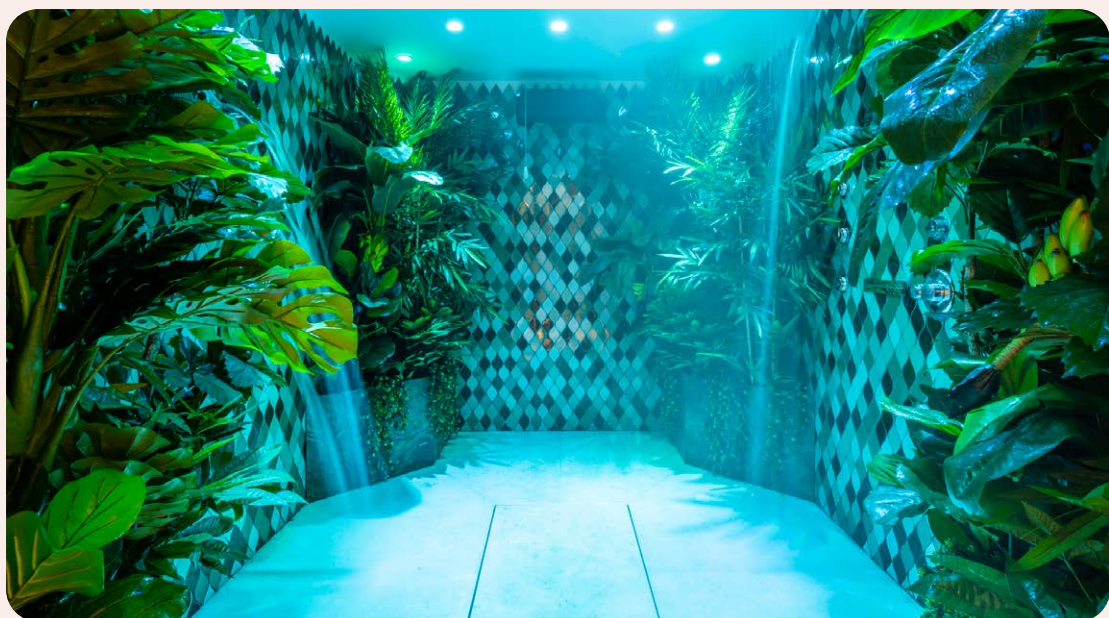
This massage is aimed to restore congested circulation (due to jetlag, fatigue and stress), and initiates a slimming process whilst hydrating the skin and giving it more of a glow. Sliding pressure massage, palpations and lymphatic drainage are all techniques used to help detoxify and drain the body.

- **HOLI GA MASSAGE:**

The jewel of the crown - the Holi Ga treatment represents the quintessence of holistic and traditional massage techniques. Chi Nei Tsang, Shi Atsu, Reflexology, Meridian treatment and Ko Bi Do are all essential in the basic techniques of this massage. This luxurious treatment incarnates all that the Byblos represents: a timeless experience that combines innovation with exceptional performance and prestige.

*Prices start from €195 for one hour  
and €270 for 1h30 mins.*





IN A MULTICONNECTED  
WORLD, BYBLOS LEADS  
A NEW ERA FOR WELLNESS  
WITH A TRUE BREAKTHROUGH  
IN THE HOSPITALITY  
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INTERNATIONALLY  
RENOWNED BRAND SISLEY,  
WITHIN A UNIQUE HISTORICAL  
SETTING IN THE HEART  
OF ST TROPEZ.

## NOTES TO EDITORS:

### MARION M'SANTI, WELLNESS AND PERSONAL DEVELOPMENT CONSULTANT:

Marion M'Santi was first introduced to yoga through breathing techniques at the age of 14. Following a career in event organisation and fashion communication, Marion found herself reconnecting with the traditional idea of yoga as she was beginning to feel disconnected from herself. Marion travelled to India where she took classes to become a certified instructor before returning to Paris where she began instructing her own classes. Following on from this, she started practising shamanism and delved into human psychology to help assist her clients further.

Over the last 10 years she has travelled the Amerindian and Indian lands to gain inspiration from yogi masters and shamans and learn from their ancestral wisdom. She also trained under legendary specialists such as Thomas d'Ansembourg (cnv), David le Francois (coaching specialized in neuroscience) or Mantak Chia (Chinese energetics).

Following her training, Marion developed her own unique coaching method, which combines both shamanism and breathwork techniques with personal development classes, to embark on a journey of inner consciousness. Taking inspiration from her travels and life path, she uses her experience to feed into her teachings, incorporating powerful lessons such as the power of resilience and sincere self-love.

In January 2023, Marion was appointed wellness and personal development consultant at Hotel Byblos St Tropez. Having created a new holistic programme with fourth generation owner Antoine Chevanne, in her new role, she is in charge of implementing the programme at the hotel, as well as recruiting and training qualified staff to successfully deliver her unique workshops to guests.





## HOTEL BYBLOS IS A PROPERTY BELONGING TO GROUPE FLOIRAT:

Groupe Floirat is a family-owned company founded in 1955 by Sylvain Floirat. Luxury, simplicity and conviviality are elegantly blended together to create a warm and welcoming 'art de vivre'.

This is a philosophy developed by Antoine Chevanne, Chairman of the Board, which he has instilled into each of his hotels: Hotel Byblos in Saint Tropez (\*\*\*\*\* 'Palace', Byblos Beach, Les Caves du Roy); Les Manoirs de Tourgéville in Normandy (\*\*\*\*) and La Réserve in Saint-Jean-de- Luz (\*\*\*\*).

This philosophy underlines the values of Groupe Floirat, which today is further enhanced by being part of an eco-friendly movement that respects the surrounding environment of each hotel. We are wholly committed to a programme of sustainable development.

These commitments are shown on the website:  
[www.groupe-floirat.com](http://www.groupe-floirat.com)

The charter of our commitments is available  
on the website <https://www.byblos.com/en/>

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