

Terre Blanche Hotel Spa Golf Resort***** launches new Detox programme

New for the 2023 season, [Terre Blanche Hôtel Spa Golf Resort](#) - a 750-acre eco-luxury oasis has launched an all-encompassing **Detox programme** designed to help guests regain their inner balance and regain vitality. The sunshine of Provence combined with the Mediterranean forest create the perfect environment to experience the lasting benefits of reconnecting with nature. Here, the healing energies of nature and a naturally healthy lifestyle will bring out everyone's best self.

The detox programme offers a unique 360° wellness experience, harmoniously combining nutrition, physical activities, treatments, and mental coaching. With the help of the hotel's dietitians, sports coaches and wellness experts, guests are guided through a minimum of a three-day programme designed to restore balance and bring harmony to both mind and body.



The Terre Blanche Detox Programme

Day 1 involves a detox session including a sweating session, relaxation and a detox juice. Enjoy a full body scrub treatment followed by a bespoke menu at the restaurant Les Caroubiers. Individual coaching, additional treatments and relaxation sessions can be enjoyed in the afternoon.

Day 2 begins with morning exercise and a detox session followed by lunch at Les Caroubiers. The afternoon involves treatments, and the day concludes with a session focused on the mind that brings together mental coaching, meditation, and relaxation.

Day 3 encompasses all aspects of the programme with a review and personalised advice to allow guests to get the most out of the programme going forward. The finale is a signature honey massage leaving guests feeling relaxed and revitalised on their return home.

The 3-day Detox Programme starts from €1,389 including lunch and €1,614 on a full-board basis (not including accommodation) with the extendable 4 day program starting from €1,677 and the 5 day program starting from €1,965

**Please do get in contact if you would like the full details and timings of each day of the Detox Retreat*

Diet – The bespoke Albatros Detox Menu

A tailor-made menu, specially developed by Michelin-starred Chef Christophe Schmitt (alongside the hotel's dietitians) aims to cleanse and purify the body, reduce symptoms of fatigue, irritability, and discomfort. The hotel knows that healthy eating is the key to good health, both physically and mentally – it not just makes us feel good but improves our mood, energy, and concentration. Inspired by Mediterranean flavours, the menu brings guests all the necessary nutrients - without compromising on flavour.

Notes To Editors:**About Terre Blanche:**

Terre Blanche is a 750-acre eco-luxury property, located 45-minutes from Nice, which fuses the charm, character and romance of Provence with the chic ambience of the Côte D'Azur.

Comprised of 115 spacious suites and villas that range from 60 to 300 square metres, all with private terraces immersed in nature, Terre Blanche's accommodation offering is perfect for all types of guests. Connecting suites are also available allowing for large multi-generational families to stay together.

The resort is home to two 18-hole championship level golf courses, both GEO© certified, as well as the Albatros Golf Performance Centre which offers a variety of interactive tools, games and challenges. Guests have a choice of four restaurants, including the Michelin-starred Le Faventia headed by Executive Chef Christophe Schmitt. The two-storey luxury spa is designed with the idea of bringing the outside in. The Spa features a 20m indoor pool, an outdoor vitality pool heated to 35°C, a Laconium, sauna and steam room, a modern fitness area boasting state-of-the-art equipment. Guests can enjoy a range of treatments by premium Swiss skincare brand, La Maison Valmont and organic cosmetic brand KOS Paris.

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