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LES SOURCES DE CAUDALIE
BORDEAUX

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Fitness and wellbeing

Come and discover Les Sources de Caudalie fitness program to stimulate vitality, freshness and energy! In the relaxing surroundings, your program will alternate exercise session and Spa treatments, whilst also leaving you time to discover the wonders of the Aquitaine region. Our different packages are adapted to all your needs.

Book at +33 (0)5 57 83 83 83 or sources@sources-caudalie.com

Fitness and vitality getaway

A week dedicated to the complete revitalization of body and mind

6 nights among the vines

A special diet for the duration of your stay

- ♦ Balanced breakfasts
- Full board at La Table du Lavoir country inn
- A seven course meal at La Grand'Vigne, two Michelin stars
- Unlimited Caudalie detoxifying herbal tea

You'll meet our maître d'hôtel at the beginning of your stay to enable us to understand your needs and gather information on your dietary preferences.

4 half-days of treatment at the Vinotherapie® Spa

... during which you will be able to make the most of our therapists slimming and detox expertise for between 2h and 2h30 per day.

Example of your four half-day treatment program :

- ♦ Day 1 : a red vine bath, a Merlot wrap and a slimming concentrate treatment

- ♦ Day 2 : a grape marc bath, a honey and wine wrap and a Vine drainage
- ♦ Day 3 : a red vine bath, a Crushed Cabernet scrub and a Signature massage
- ♦ Day 4 : a grape marc bath, a slimming concentrate treatment and a Vine[Activ] face treatment

A variety of sporting activities

- 4 one-hour sessions with our fitness instructor. Jogging, fitness, indoor weight training, outdoor fitness trails and tennis. Take advantage of your personalized program.
- Bikes are available for you to visit the vineyards
- Free access to the gym and indoor swimming pool

A wide range of cultural activities

- Close to other Grands Crus (fine wine) producers, as well as the cities of Bordeaux, Saint-Emilion and Arcachon...

From € 3089 for 1 pers. / € 4692 for 2 pers.

Reinvigorating getaway

Four days during which to rediscover freshness and wellbeing

3 peaceful nights near Bordeaux

A special diet for the duration of your stay

- ♦ Balanced breakfasts
- ♦ Full board at La Table du Lavoir country inn
- ♦ A seven course meal at La Grand'Vigne, two Michelin stars
- ♦ Unlimited Caudalie detoxifying herbal tea

You'll meet our maître d'hôtel at the beginning of your stay to enable us to understand your needs and gather information on your dietary preferences.

2 half-days of treatment at the Vinotherapie® Spa

... during which you will be able to make the most of our therapists slimming and detox expertise (4h30 in total).

Example of your four half-day treatment program :

- ♦ Day 1 : a Red vine bath, a Merlot wrap, an exhilarating massage and a Crushed Cabernet scrub

- ♦ Day 2 : a grape marc bath, an exhilarating massage and a Vine[Activ] face treatment

A variety of sporting activities

- 2 one-hour sessions with our fitness instructor. Jogging, fitness, indoor weight training, outdoor fitness trails and tennis. Take advantage of your personalized program.
- Bikes are available for you to visit the vineyards
- Free access to the gym and indoor swimming pool

A wide range of cultural activities

- Close to other Grands Crus (fine wine) producers, as well as the cities of Bordeaux, Saint-Emilion and Arcachon...

From € 1614 for 1 pers. / € 2485 for 2 pers.

Our options

More wellbeing within Les Sources de Caudalie

An extra half-day treatment at the Vinotherapie® Spa

240 €

Baths, wraps, scrubs, facial and body treatments, take advantage of our exclusive treatments and enjoy a unique relaxing experience.

[> More details on the treatments](#)

Additional personal training sessions

80 € / hour

Yoga lessons

60 € / hour

[> Sport at Les Sources de Caudalie](#)

Excursions to Bordeaux, Saint Emilion and the Bay of Arcachon

Take the time to discover the wonders of Bordeaux, a classified UNESCO world heritage site, visit the neighboring Grand Crus (fine wine) producers of the Graves, but also the Médoc, Sauternes, Pomerol and Saint-Emilion; or spend the day on a traditional “pinasse” fishing boat in the Bay of Arachon.

[> Discover all our activities](#)

Quote on request



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