



## THE BEST OF WELLNESS DESTINATION

Aquitaine means in Latin the "land of waters".

In addition to being bordered by the Atlantic Ocean, Aquitaine is full of thermal cures. It is indeed the first thermal region of France, with 30 of the 103 thermal establishments of the country. This is due to the richness of its aquatic subsoils, filled with mineral salts and trace elements allowing to offer a wide range of treatments to curists.

I introduce you 3 places in Lot-et-Garonne for 3-days wellness break: The Stelsia, Saint-Sylvestre-sur-Lot - a 4-stars hotel with an amazing spa, The Aginum Thermae, Agen - inspired by the roman baths of ancient Rome and "Les Bains de Casteljalous" for 3 different wellness experiences in a high-end tolerant environment solo or in duet.

**Jean-Pierre Leclerc**  
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### DAY 1, Friday

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#### THE SPA SENS BY MESSÉGUÉ

Arrival in your 4-star hotel AM.

12.00pm Lunch in La Bodéga (in season) or in Le Bistrot.  
02.00pm Unwind and re-charge your batteries in this calm, refined environment. The relaxation area has numerous facilities including a counter-current swimming pool, a hammam, a sauna, sensory showers, an ice fountain and a fitness room. It offers a range of cosmetic and beauty treatments in exclusive partnership with the Mességué laboratories.  
Created by Maurice Mességué, one of the forerunners of herbal therapy in Europe, the Mességué laboratories produce a range of organic and natural luxury products, created uniquely from plants and essential oils. Available for both face and body, and applied in a certain way, these treatments respond to the needs of each skin type.  
08.00pm Le Jasmin, The gastronomic restaurant, welcome you for a romantic dinner.  
10.00pm Then, the Stelsia's bar is the ideal place to be in duo or meet new friends and share a few moments of pleasure.

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### DAY 2, Saturday

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#### THE AGINUM THERMAE

09.00am Breakfast in room.  
10.00am Departure for Agen. Quick tour of the city.  
12.00pm Lunch in the city.  
02.00pm The Aginum Thermae welcome you in your private suite César, your space of luxury and private well-being for a unique moment of exception on Agen. Inspired by the roman baths of ancient Rome. Champagne and mignardises come to embellish this pure moment of relaxation in duet and with the shelter of looks...  
06.00PM Pick up at the Roman thermes and transfer to the hotel.  
08.00pm Le Jasmin, The gastronomic restaurant, welcome you for a new romantic dinner.  
10.00pm Then, the Stelsia's bar is the ideal place to be in duo or meet new friends and share a few moments of pleasure.

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### DAY 3, Sunday

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#### LES BAINS DE CASTELJALOUX

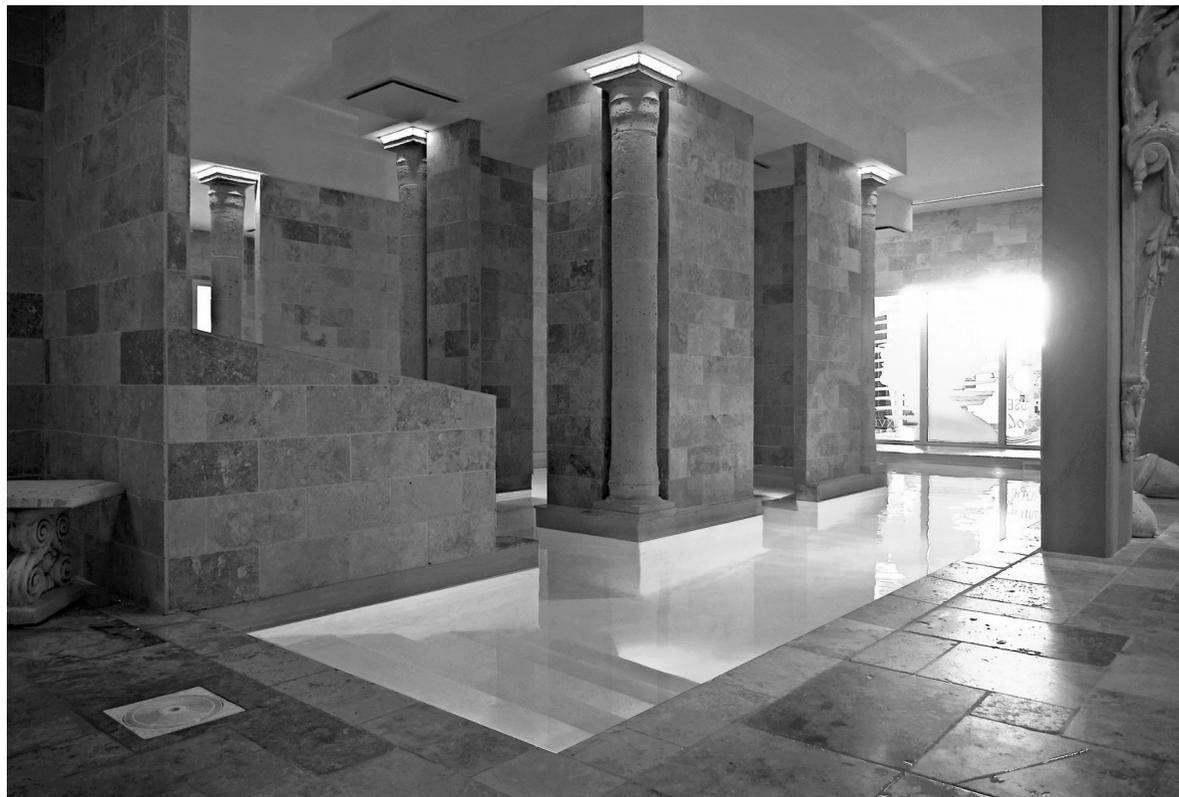
09.00am Breakfast in room  
10.00am Departure for Casteljaloux. Quick tour of the city.  
12.00pm Lunch in a restaurant on the very premises of the site.  
02.00pm "Les Bains de Casteljaloux" welcome you. You can freely enjoy all the pleasures of the deliciously warm thermal water in 2 indoor and outdoor pools equipped with massage jets, bubble beds, swan necklaces. The pavilion Extreme oriental: Japanese bath and its games of lights. The Nordic Pavilion: Traditional saunas, icy showers and cold water well. The Occidental pavilion: Giant jacuzzis with a thousand scents in a dazzling glazed space. Oriental Pavilion: Hammam and Turkish Bath and Sérénité Pavilion: Sensory space for relaxation by wood light with aromas and soft music.  
06.00PM Pick up at Casteljaloux and transfer to the hotel.  
08.00pm Le Jasmin welcome you again for a last romantic dinner  
10.00pm Meet your new friends and share a few moments of pleasure in the Stelsia's bar.

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## DAY 4, Monday

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After the breakfast, check out and end of your gay wellness break.



**G**IVEN THE EXHAUSTIVE OFFER OF CARE PROPOSED BY THE DIFFERENT SUPPLIERS, THIS EXCLUSIVE AND CUSTOMIZED PROGRAM WILL BE THE SUBJECT OF A QUOTE.

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**I nformation on how to reserve your gay wellness break :**

The reservation can be firm and definitive only after payment of the total amount.  
Subject to availability at the time of booking.

