

Club Med Ψ



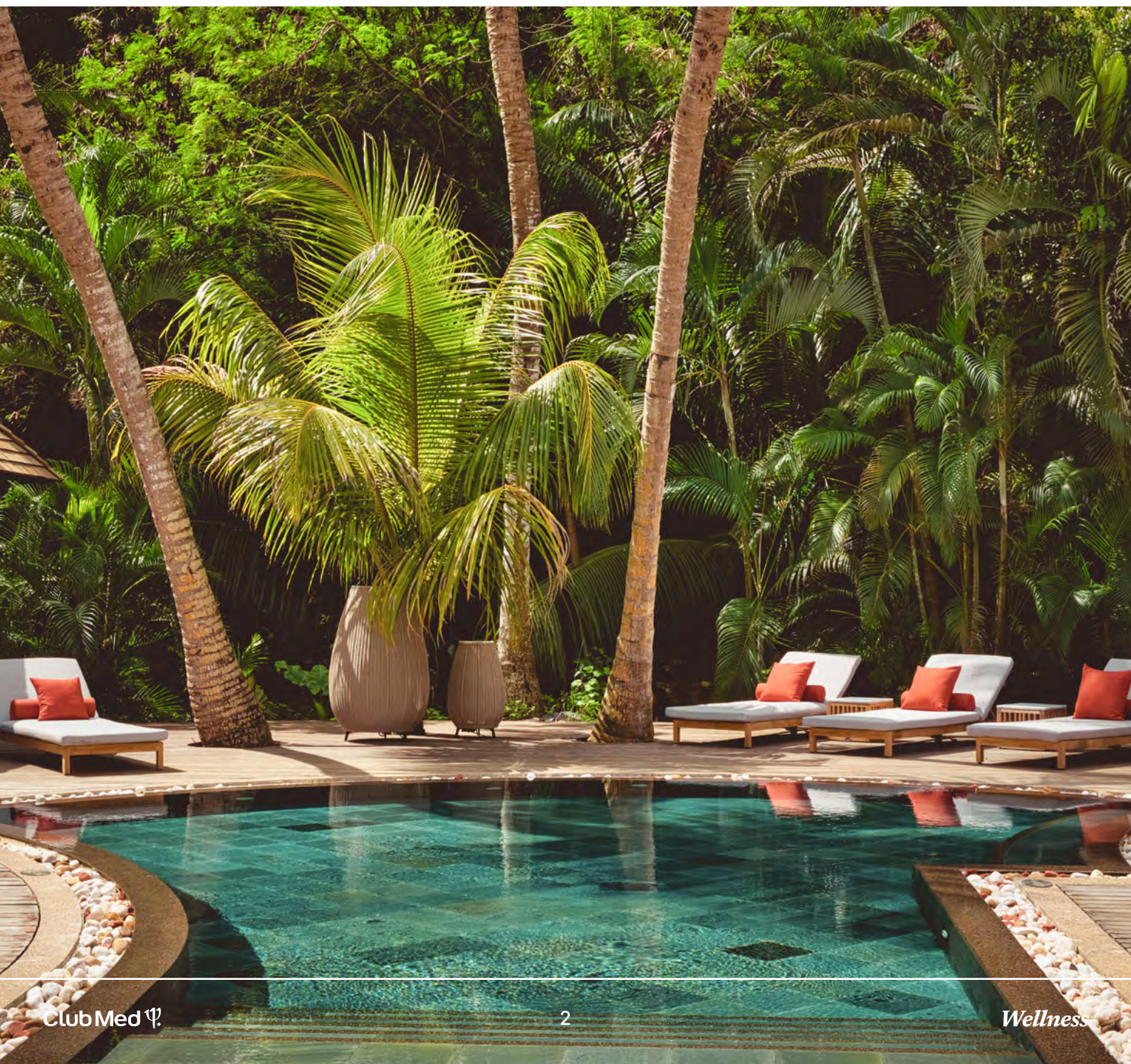
Press kit

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Club Med's wellness expertise *a journey for the body and soul*

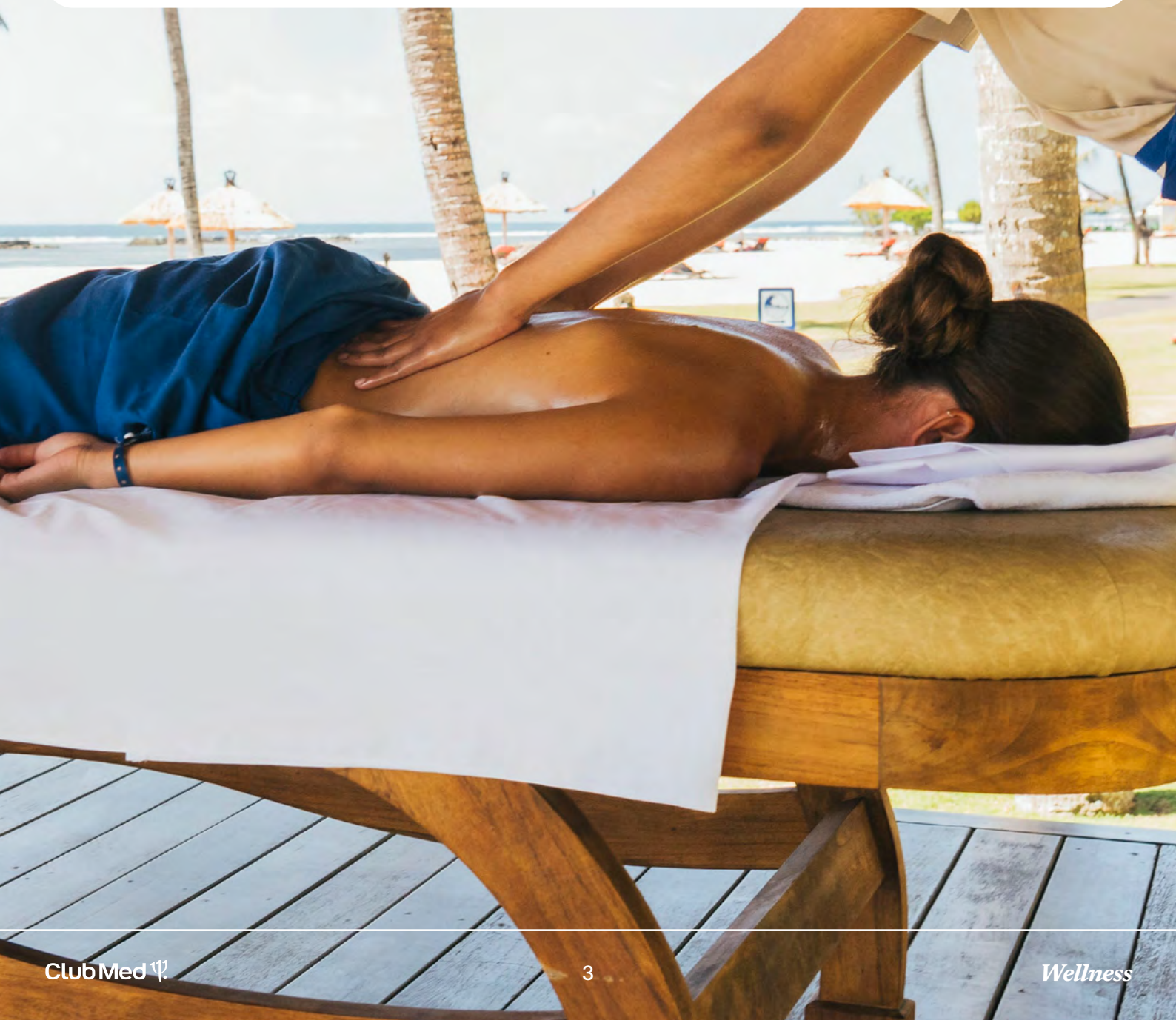
Awake gently with a yoga session facing the Indian Ocean, or a tennis match at 4 p.m. among over 60 sports and activities offered in total at Club Med Resorts worldwide. Indulge in a selection of local delicacies or enjoy fresh blended smoothies. Take the time to enjoy it all serenely with childcare starting from 4 months or explore everything in just a few days thanks to the all-inclusive offer and à la carte experiences.

Wellness on vacation should exceed the simple hammam-massage formula to become comprehensive and tailor-made. Designing a complete offering to meet the needs and desires of every traveller, in a spirit of caring relaxation. That's been Club Med's vision since 1950.



A blend of ancient *traditions & innovative experiences*

Drawing inspiration from both local and traditional care, and the expertise of leading wellness brands (Cinq Mondes, Sothys, Payot, myBlend...), Club Med has co-created unique relaxation rituals at each Resort within sumptuous spas, in addition to its all-inclusive offering.



A well-being ritual

At Club Med Exclusive Collection Seychelles, the Grand Royal Sirodhara Ritual suggested at the Cinq Mondes spa applies the gestures of Ayurvedic medicine. The ritual begins with a traditional hammam session, followed by a full-body massage inspired by the energetic rhythm of Abhyanga, and finally a stream of warm oil is slowly poured onto the forehead in an oscillating movement for deep relaxation



Partners at the forefront of care

In the Alps, myBlend's expert treatments have found their place at nearly 2,000 meters altitude, in the 650m² wellness area of Club Med La Rosière. myBlend's expertise relies on personalised skin diagnosis before combining expert treatments (formulas highly concentrated in active ingredients, lifting massage

protocols) and non-invasive high-tech tools (cell synergy and LED mask developed by the brand to stimulate collagen production and cellular oxygenation). The skin is immediately and deeply transformed in the hands of experienced facialists, in a unique setting.

A spa dedicated to children with TOOFRUIT

As a specialist in family vacations and experiences for all ages, Club Med has partnered with TOOFRUIT, a dermatological brand specialising in organic hygiene and care for children, to offer massage treatments starting from 6 years old. Several protocols in other spas are also available to teens from age 13, and some Resorts offer parent-child treatments in double cabins for a whole new definition of quiet time.

Unique spa experiences to enjoy at Club Med

- Ofuro baths at Club Med Kiroro Peak in Japan, traditional Japanese hot baths to soothe your muscles after hitting the slopes.
- Couples massage facing the ocean under the beneficial rays of the moon at Club Med Ixtapa in Mexico, a suspended romantic moment.
- Traditional hammam at Club Med Marrakech La Palmeraie, in the coolness of a Riad surrounding a natural pool.
- Natural hot springs at Club Med Changbaishan in China, with over forty indoor-outdoor baths for relaxing, revitalizing, purifying benefits...



A seamless experience

At Club Med, wellness doesn't stop at the spa door. It continues throughout the rest of the Resort, with Zen pools, adult-only relaxation areas with private bars in select Resorts, and depending on the destinations, indoor and outdoor pools, sauna areas, jacuzzi... Whether under Dominican coconut trees or clinging to a Sicilian cliff.



Yoga for all *in dream destinations*

Tadasana standing in the water on a private beach facing the sunset, sensory yoga accompanied by singing bowls or chroma therapy, workshops designed to relieve lower back pain, 24 hours of tailor-made classes per week created by a renowned partner... At Club Med, yoga feels like nothing you've ever experienced before.



Yoga School by Heberon

Having become one of the most famous yogis in France, Heberon Oliveira has developed the Vibhava Yoga method over the past 20 years. These progressive movements are accessible to all and combine gentle muscular awakening with a deep moment of concentration,

breathing, and relaxation. While his techniques are perfectly transmitted by G.Os® whom he has trained himself, it is not uncommon to come across Heberon in person teaching a yoga class during a cruise on the Club Med 2 or at one of the 11 Club Med Resorts offering his program.

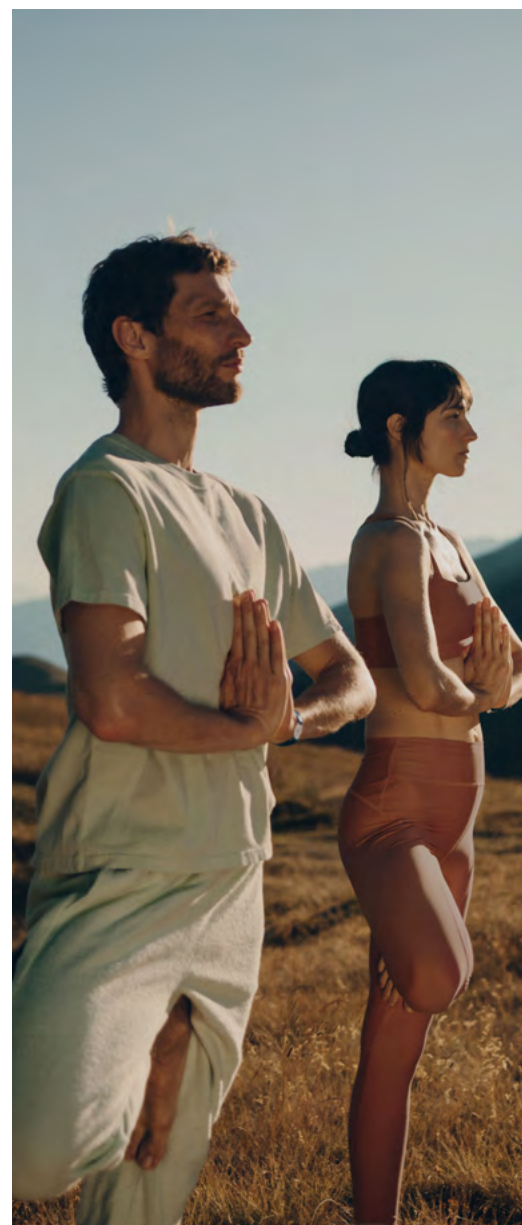
Baby yoga from 4 months old

The Yoga School by Heberon also offers baby yoga with 30-minute classes specially designed for babies from 4 months to 3 years old, and parent-child sessions of 45 minutes for children from 4 years old. Your child very first holiday memories created in a caring environment focused on well-being.



Aspiring yogi seeks unconventional classroom

To allow everyone to fully enjoy the natural beauty of its destinations, Club Med has chosen to move some yoga sessions to unexpected settings. A stilt cabin in the heart of a canopy reminiscent of the edge of the world; amidst a green hike in the Alps for breaks; on the deck of a sailing yacht during a cruise in the Caribbean; in a luxurious adult-only space in Marrakech; or why not balancing above water on a paddleboard, or in the air during an aerial yoga session at Club Med Exclusive Collection La Plantation d'Albion.



The benefits of sensory yoga

The sound waves of Tibetan singing bowls allow the body and mind to return to a state of deep balance. Sessions reduce stress, soothe mood swings, lower blood pressure, and improve sleep quality. Combined with yoga, it's a real massage of the chakras.

Beyond offering exceptional panoramas, the idea is to show that yoga practice can adapt to different environments and different sources of motivation, to become a well-being appointment even at home.

The world's *largest sports club*

Convinced as early as the 1950s that sports play an essential role in our well-being - and our happiness - former Olympic athlete Gérard Blitz founded Club Med with the aim of making a maximum number of sports activities accessible to a maximum number of people. And above all, to make it all fun.



From the first diving competitions and hikes in coves, Club Med has gained momentum. Today, each Resort offers over 20 sports and activities including land, water and team sports, and relaxation activities accessible from the age of 4 and included for all levels, while keeping an eye on new practices to create surprise every year.

Circus trapeze with expert G.Os®, wing surfing in the waves, and padel (a mix between tennis, squash, and

pelota that is attracting more and more fans) are added to Club Med's iconic sports on immense natural playgrounds. This is also the idea of well-being by Club Med: to feel good by rediscovering the pleasure of enjoyment.

The extensive activity schedule caters to both experts who want to continue practicing their sport on vacation, as well as to those curious about new sensations, or families looking to create bonding moments around activities accessible to all.



After the effort, a healthy and local comfort

At Club Med, both restaurants and buffets are partially supplied by small local producers through the Green Farmers program created in partnership with Agrisud. A wide and balanced offering with fresh, healthy products, sourced - and cooked - with great care, to preserve all their flavours and nutrients. A commitment to well-being even on the plate.

The same treatment applies to freshly pressed juices and detox waters, to be enjoyed after a sports session, at sunrise for a vitamin-packed morning, or at any time of the day really because there's no need for an excuse to feel good.



Have you ever tasted beet bourguignon?

In 2022, chefs from the 8 Club Med Resorts in Mexico and the Caribbean also received training from chef Chloe Coscarelli to offer 100% vegan menus. Beet bourguignon, tomato tartare with pesto, grilled avocado with pomegranate and truffle vinaigrette... Delicious recipes that have been added to the Beyond Meat® plant-based meats already offered in Central and North America Resorts.

Take care of yourself *at Club Med*

Since its creation in 1950, Club Med has loved to sum itself up in one sentence:

« The purpose of life is to be happy, the place to be happy is here, and the time to be happy is now »

If happiness and well-being are closely linked, they deserve exceptional spaces. Practices tailored to each individual and freed from dictates. Respect for ancestral gestures and curiosity for the latest innovations. And the best context for disconnection and reconnection: all-inclusive stays in dream destinations, to finally take care of yourself with a carefree spirit.



Founded in 1950 by Gérard Blitz, later joined by Gilbert Trigano, Club Med pioneered the all-inclusive vacation club concept, and was the first to incorporate childcare, with the creation of the Mini Club in 1967. Present in 40 countries, and with 67 Premium and Exclusive Collection Resorts, Club Med offers a carefree vacation experience in stunning locations around the world. Thanks to the support of its shareholder Fosun Tourism Group and the success of its repositioning strategy, today, Club Med is the world leader in high-end, experience-oriented all-inclusive vacations for families and couples alike. Club Med employs nearly 25,000 Gracious Organizers (G.Os®) and Gracious Employees (G.Es®), representing 110 nationalities.

Press *Contacts*

Thierry ORSONI
Communication director
thierry.orsoni@clubmed.com
+33 (0)1 53 35 31 29
 @th_orsoni

Louba DOROSHINA
**Head of Communications
External and International**
liubov.doroshina@clubmed.com
+33 (0)1 53 35 35 08

Camille FILY
Communication manager
camille.fily@clubmed.com
+33 (0)1 53 35 30 62
 @camille_fily

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