LILY OF THE VALLEY

WELLNESS LUXURY HOTEL

MASTERCLASS

SANT ROCH
X
LILY OF THE VALLEY

A YEAR BEGINS WITH YOU.

14TH TO 17TH JANUARY 2027



MASTERCLASS SANT ROCH

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Four days to invest in yourself, explore your physical and mental resources, and lay the foundations for a stronger, calmer and more fulfilling year.

Over four days, Sant Roch invites you to explore the pillars of a healthier, longer and more fulfilling life, built around three essential dimensions: movement, balance and connection.

MOVEMENT – NURTURING YOUR STRENGTH AND VITALITY

Essential to an active, long life, muscle strength plays a key role in maintaining mobility, independence and vitality over the years.
Through strength-training sessions suited to all levels, treks and walks along the wild coastline of Gigaro, participants will be invited to explore different forms of movement. An opportunity to build strength, reconnect with your body and rediscover the joy of moving.

BALANCE – EXPLORING YOUR INNER RESOURCES, LEARNING TO RECOVER

Taking care of yourself also means learning to alternate between intensity and recovery, stimulation and rest.
Guided by Clotilde Chaumet, participants will discover Sant Roch's three signature rituals – Calm, Signature and Intense – combining sauna, cold plunges, breathing and music. Complementary experiences to explore your sensations and learn to better embrace discomfort.
Breathwork, sound bath and journaling sessions will invite everyone to slow down, step back and get to know themselves better. A signature massage at the Lily of the Valley spa will round off these moments dedicated to recovery and letting go.

CONNECTION – SHARING, EXCHANGING, FINDING INSPIRATION

Because the quality of our relationships and a sense of belonging play an essential role in our well-being and longevity, shared moments will take centre stage throughout the retreat. Healthy, delicious meals prepared with local produce by the Lily of the Valley teams, sunset aperitifs and small-group discussions will offer plenty of opportunities to come together and forge connections. Inspiring talks on self-confidence, creativity and personal journeys will spark reflection and conversation, in a warm, friendly atmosphere where the joy of sharing is an integral part of the experience.

Four days to explore the art of self-care, through movement, recovery and the joy of living. A new approach to longevity.

The price includes accommodation, full board (excluding alcoholic beverages), all Sant Roch activities and rituals, as well as a body massage at the Shape Club and gifts from our partners. Travel and transfers to the hotel are not included and are at your own expense.

We reserve the right to cancel the masterclass by 4 January if fewer than 5 participants have registered.

Tél +33 (0)4.22.73.22.00 - reservations@lilyofthevalley.com - lilyofthevalley.com

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THE SPEAKERS



CHLOÉ BOUSCATEL
CO-FOUNDER SAINT ROCH



CLOTILDE CHAUMET
LEAD EXPERIENCE & TALENT SANT ROCH

After helping to reinvent the fitness landscape in France as co-founder of Monday Sports Club (dynamo, Punch, RIISE), Chloé Bouscatel embarked on a new entrepreneurial adventure in 2026 with her husband Jules, creating Sant Roch. To bring their vision to life, she teamed up with Clotilde Chaumet, a wellness expert with more than ten years' experience, and together they developed a distinctive approach to contrast therapy, combining heat, cold, breathing, music and movement. At Lily of the Valley, they will share their complementary expertise and common vision of well-being that is physical, mental and collective, through immersive rituals, moments of exchange and practices you can lastingly weave into your daily life.

SANT ROCH

Opened in March 2026 in the heart of Paris, Sant Roch quickly established itself as one of the year's most talked-about wellness concepts, reinventing the codes of recovery. Inspired by ancient thermal bathing traditions and contemporary bathhouse culture, Sant Roch is bringing a new approach to social wellness to France, centred on contrast therapy: alternating between sauna and cold plunges. In an immersive space where music, light, breathing and collective energy are an integral part of the experience, recovery becomes a true ritual – as much individual as shared. Backed by an already loyal and engaged community, Sant Roch now aims to make this practice a new urban way of life, with plans to expand to major European capitals from 2027.

PRACTICAL INFORMATION

CONTACT

lilyofthevalley.com

+33 (0)4.22.73.22.00

reservations@lilyofthevalley.com

ACCESS

Hôtel Lily of the Valley

Presqu'Île de Saint-Tropez

Boulevard Abel Faivre, Quartier de Gigaro

83420 LA CROIX-VALMER - FRANCE