

# Spa METROPOLE BY GIVENCHY



## *Winter programme*

Book your session now for a gentle start to a year full of well-being and vitality.

Immerse yourself in the harmony of sound and energy for a resplendent start to the new year at Spa Metropole by Givenchy with UMAN PROJECT, which offers courses and treatments that touch the soul, allowing you to rediscover yourself and connect with your authentic self, your desires and your dreams. Treatments that give you wings!



## *Sound baths*

Indulge in the soothing vibrations of an enchanting Sound Bath. The sound waves will reduce your stress, balance your emotions and open the door to a year of tranquillity. A moment dedicated to deep relaxation, reflection and revitalising your mind.

## *Energy treatment*

Explore the depths of your inner energy with this treatment. By acting on the chakras and targeting the energy centres, this treatment will plunge you into an altered state of consciousness. Free yourself from tension, encourage creativity, and allow your whole being to realign to start the New Year with renewed vitality.



## *Meditation*

Join us in our oasis of calm for a group meditation class. Forget the hustle and bustle of everyday life and immerse yourself in an experience of tranquillity where time slows down and you can reconnect with your inner self. Allow this ancient practice to guide you towards a balanced and peaceful state of mind, providing a solid foundation for the start of the New Year.

**January 23/24/25 - February 27/28/29 - March 12/13/14**

*Tuesday morning Group lesson: Sound bath  
Afternoon energy treatment by appointment*

*Wednesday morning Group lesson: Meditation  
Afternoon energy treatment by appointment*

*Thursday morning Group lesson: Sound bath  
Afternoon energy treatment by appointment*

*Prices :*

*Group classes: €55 per person  
Energy treatment: €160 per person*



# MAKE-UP LESSONS

Learn how to do a smokey eye, change your beauty routine or give yourself a flawless complexion during a masterclass at Spa Metropole by Givenchy with make-up artist Joe Ghannam.



The art of make-up involves mastering certain techniques and choosing the right colours to match your skin tone. The Hotel Metropole Monte-Carlo's make-up expert, Joe Ghannam, creator of Monte-Carlo Make up, will be leading a series of 90-minute sessions in small groups, to share his advice and let you in on all his secrets.

**Every Thursday from 15 January to 21 April 2024**

**from 6.00 pm to 7.30 pm**

**Price: €80 per person**

**Spa** METROPOLE BY  
**GIVENCHY**

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