

# Spa METROPOLE BY GIVENCHY



## *Winter collection*

Book your sessions now and take care of yourself with a varied winter programme: in **September**, start the new year with **yoga** and meditation to start the day in harmony; in **October**, discover **Qi Gong** to cultivate calm and flexibility; in **November**, be surprised by **boxing** to reveal your inner strength. And throughout the winter, a **Make-up Master Class** with Joe Ghannam will reveal the secrets of rejuvenating make-up. A season dedicated to vitality, well-being and sharing.

### *RESERVATIONS*

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## *SEPTEMBER*

### Equinox Renaissance

Want to get your September days off to a great start? Join Florence for revitalising yoga sessions, followed by meditation and deep breathing, all to celebrate the autumn equinox with a smile! It's the perfect opportunity to reconnect with nature and recharge your batteries in an ultra-zen setting.

Every Monday, Friday and Saturday in September  
at 10.00 a.m.

€60 per person

## *OCTOBER*

### Serenity in Motion

Come and discover Qi Gong, an ancient Chinese practice that boosts your energy (Qi) while relaxing you. With gentle movements, deep breathing, and a touch of meditation, it is the perfect way to relieve stress and recharge your batteries. Ideal for the cooler months, this activity improves flexibility and balance. Perfect for refocusing and calming the mind.

Tuesday 1, 8, 15 et 22 october

from 10h00 to 11h00

60 € per person







## NOVEMBER

### Boxing & Empowerment

Immerse yourself in the world of boxing with introductory sessions specially designed to reveal your inner strength. Suitable for all levels, these sessions teach you the basics of this dynamic sport, while improving your endurance and agility. Supervised by an expert coach, these sessions offer a unique experience to tone your body and boost your confidence, all in a stimulating and inspiring environment.

Thursday 7, 14, 21 et 28 november

from 5.00 to 6.00 PM

60 € per person

## Master Class Make up

In the mood for a more youthful look? Learn how to master the make-up tricks that will make you feel fresher and more radiant than ever!

Join us for a session led by the talented Joe Ghannam from MonteCarlo\_makeup. Come and have fun, discover new tones, and leave with professional techniques to enhance your beauty!

Tuesday 24 September  
Thursday 17 October  
Thursday 14 November

90-minute sessions in small groups  
from 6.00 pm to 7.30 pm

80 € per person

