

**KU
BE**

SAINT • TROPEZ

WELLNESS • POOL • ROOFTOP

WHERE VIBRANCY
MEETS ENERGY



SUMMARY

01.

EXCLUSIVE ACCOMODATION

Reception & contacts

Room facilities

Breakfast

02.

ENERGIZING WELLNESS

Hours & booking

Menu treatment

Wellness retreat agenda

03.

VIBRANCY MOMENTS

Our private beach: Cybèle Ramatuelle

Les Sonores sunset & drinks

Rooftop

Restaurant

04.

OUTDOOR ACTIVITIES

Saint-Tropez activities

Accessibilities





RECEPTION

Open 24/7

Check in : 16:00 | Check out : 12:00

CONTACT US

Reception & conciergerie : 4001

Restaurant : 4004

Spa : 4008

Or click on the WhatsApp icon :



Emergency number

European emergency number 112

SUMMARY

equipment	on demand	not allowed
+ Safety box	+ TV room	+ Children under 12
+ Mini bar	+ Iron	+ Pets
+ Air conditioning	+ Wake-up device	+ Smoking in room
+ Chromecast	+ Shoes kit	
+ Magnifying mirror	+ Sewing kit	
+ Bike parking	+ Hygiene kit	
+ Car park	+ First aid kit	
+ Fitness room	+ Baby equipment	
+ Spa	+ Additional towel	
+ Workspace	+ ≠ types pillows	
+ Lift	+ Additional blanket	
+ 4 room PRM	+ Computer & Tablet	
	+ Correspondence kit	
	+ Plug adaptor	
	+ Kettle	
	+ Newspapers	
	+ Luggage storage	
	+ Valet parking	
	+ Concierge service	
	+ Room service 24/7	
	+ Pressing	
	+ Babysitting service	
	+ Wheelchair	



BREAKFAST

Buffet

Room service available (15€ supplement)

Takeaway on request

07:30 – 10:30

HAMMAM
SAUNA
MASSAGE
& BEAUTY SALON

ENERGIZING WELLNESS

Spa

Every day 7/7

10:00 to 20:00

Upon booking only

Dial 4008 or WhatsApp



WELLNESS MENU

Immerse yourself in a world where wellness comes to life and positive energy reigns supreme. Our wellness program invites you to recharge, revitalise your body, and stimulate your mind.

As wellness enthusiasts, we believe that everybody deserves to be honoured and pampered. That's why we offer a full range of treatments, from energising therapies to relaxing massages, to revitalising retreats. We use natural ingredients and ancient methods to rekindle the vital energy of each person.

OUR PACKAGE

BOOST YOUR ENERGY

IDEAL AFTER A PARTY IN SAINT-TROPEZ,
IN THE MORNING FOR A FRESH START OR IN THE
AFTERNOON TO BE READY FOR A NICE EVENING

TREATMENTS	DESCRIPTION	MINUTES	UNIT PRICE €
+ Body massage	Energising rock crystal modelling	60 90	150 210
+ Body scrub	Pink sand scrub	30	95
+ Body wrap	Corals & algae	30	95
Short ritual		90	210
Full ritual		120	290

ENERGY THROUGH RELAXATION

IDEAL IN THE AFTERNOON FOR
A PRECIOUS "ME-MOMENT" FILLING YOU
WITH ALL THE ENERGY YOU DESERVE

TREATMENTS	DESCRIPTION	MINUTES	UNIT PRICE €
+ Body massage	Relaxing lomi-lomi modelling with hot sand bundles	60 90	150 210
+ Body scrub	White sand scrub	30	95
+ Body wrap	Nourishing monoi	30	95
Short ritual		90	210
Full ritual		120	290

REBALANCE YOUR ENERGY

IDEAL IN THE AFTERNOON TO SOOTHE
YOUR BODY AND MIND, REBALANCE YOUR ENERGY
AND FEEL IN HARMONY

TREATMENTS	DESCRIPTION	MINUTES	UNIT PRICE €
+ Body massage	Rebalancing massage inspired by the ayurveda method	60 90	150 210
+ Face massage	Schirodhara massage inspired by the ayurveda method	30	95
+ Body scrub	Ginger scrub	30	95
Short ritual		90	210
Full ritual		120	290

RECOVER

YOUR ENERGY

IDEAL AFTER A GYM SESSION OR A YOGA SESSION
ENJOY A FULL TREATMENT TO OPTIMIZE
YOUR RECOVERY

TREATMENTS	DESCRIPTION	MINUTES	UNIT PRICE €
+ Body massage	Deep tissue – relaxing muscle massage	60 90	150 210
+ Body scrub	Invigorating salt scrub	30	95
+ Foot massage	Foot reflexology for well-being	30	95
Short ritual		90	210
Full ritual		120	290

SKIN CARE APPLIANCE

ADD

SOME TECHNOLOGY

IDEAL AS A SKINCARE COMPLEMENT,
FOR IN-DEPTH WORK FOR EVEN BETTER
RESULTS AND GLOW

TREATMENTS	DESCRIPTION	MINUTES	UNIT PRICE €
+ Anti-aging	"Soin Exception"	90	210
+ Hydra-Repulp	Hydrating	60	150
+ Tomate Glow	Radiance boost, purifying	60	150
+ Nutri Action	Moisturising	60	150
Additional minutes and price with technology		15	40

GET READY FOR THE PARTY

TREATMENTS	DESCRIPTION	UNIT PRICE €		
+ Waxing	Eyebrows Upper lip Chin	20		
	Underarms	30		
	Bikini	40		
	Brasilian bikini	50		
	Full bikini	70		
	Half legs	45		
	Full legs	60		
	Arms	40		
+ Nails	Manicure	70		
	Pedicure	70		
	Classic nail polish	30		
	Semi-permanent nail polish	60		
	Semi-permanent removal	40		
+ Hairdresser on demand		SHORT	MEDIUM	LONG
	Shampooing + blow dry	100	120	150
	Shampooing + haircut + blow dry	150	180	210
	Men haircut		75	
	Make-up + blow dry + bun		300	
	Surcharge applied after 8pm			

BOOK YOUR TREATMENT



LES ÉNERGISANTES

BOOST RETREAT

Yoga teacher and physiotherapist, Apolline gently guides you with kindness to find your path to holistic well-being. Rich in initiatory experiences, sensitive to the relationships between humans, the universe, and the world; she develops a unique expertise through spirituality, song, dance, and medicinal plants. Passionate about vibrations, Apolline offers "sound journeys through the rhythm of the 5 elements" with various instruments.

Find Apolline at our hotel throughout the summer season of 2024 and let yourself be guided by the well-being energies under the Saint-Tropez sun.

DAY RETREAT
9H00 ^{AM} | 07H00 ^{PM}

DATES : MAY 12TH • JUNE 23TH • JULY 14TH • JULY 28TH • AUGUST 4TH • AUGUST 18TH • SEPTEMBER 1ST

ENERGY BOOST

FOR ACTIVE PEOPLE WHO NEED TO UNWIND WHILE
KEEPING UP WITH THE FLOW OF LIFE

ACTIVITIES	DESCRIPTION	PRICE €
+ Opening circle		
+ Meditation & Pranayama	Active	
+ Power Yoga	A practice dedicated to activate the body	
+ Lunch	Spicy anti-inflammatory lunch stimulates digestion	
+ Take a break	Spa, pool, sauna, hammam	
+ Detox juice	Adaptogen drinks	
+ Sound bath	Relaxation to sound vibrations	
+ Closing circle		240

SLOW FLOW

FOR PEOPLE WHO NEED TO REST, TO SLOW DOWN,
TO BE TAKEN CARE OF SLOWLY AND CALMLY

ACTIVITIES	DESCRIPTION	PRICE €
+ Opening circle		
+ Meditation & Pranayama	Soft	
+ Soft yoga	Release mental & physical exhaustion	
+ Lunch	Draining foods to cleanse the body	
+ Take a break	Spa, pool, sauna, hammam	
+ Detox juice	Adaptogen drinks	
+ Sound bath	Relaxation to sound vibrations	
+ Closing circle		240

HOLISTIC SPIRIT

FOR PEOPLE WHO NEED TO REDISCOVER THEIR MENTAL,
PHYSICAL, ENERGETIC OR EVEN SPIRITUAL WELL-BEING

ACTIVITIES	DESCRIPTION	PRICE €
+ Opening circle		
+ Meditation & Pranayama	Spiritual	
+ Yoga Vinyasa	Awakening body and mind with fluidity and harmony	
+ Lunch	Raw soups with seasonal vegetables	
+ Take a break	Spa, pool, sauna, hammam	
+ Detox juice	Adaptogen drinks	
+ Sound bath	Relaxation with sounds vibrations	
+ Closing circle		240

HALF-DAY RETREAT

08:00 AM - 11:00 PM

YOGA BRUNCH

IDEAL TO START THE DAY
AND WAKE UP YOUR BODY

DATES : MAY 4TH • JUNE 2ND • JULY 6TH • JULY 20TH • AUGUST 3RD • AUGUST 17TH • SEPTEMBER 21TH

		MINUTES	PRICE
+ Yoga		75	
+ Sound bath	Relaxation with sounds vibrations	30	
+ Brunch	Juice detox & healthy food	70	
			89

05:00 PM - 08:00 PM

YOGA APERO

IDEAL FOR A GENTLE WAY
TO END THE DAY

DATES : April 20th • May 18th • June 15th • July 13th • July 27th • August 10th • August 24th • September 28th

		MINUTES	PRICE
+ Yoga		75	
+ Sound bath	Relaxation with sounds vibrations	30	
+ Apero	Cocktail detox & healthy aperitif	70	
			89

BOOK YOUR TREATMENT



FITNESS ACTIVITIES



SLOW FLOW

Flow with gentle yoga posture working toward awaking and stretching the body



YOGALATES

Mix of Yoga and Pilates to work your core following with gentle stretch to soften



MOBILITY FLOW

Yoga with flowing mobility exercise to move the body in all direction



YIN YOGA

Stretching postures supported to help the body to release the muscular tension



YOGA NIDRA

Guided relaxation to promote a deep relaxation state releasing body and mind



MEDITATION

Guided meditation to help reduce stress and clear the mind



BREATH WORK

Working with the consciousness of natural breathing awareness with breath exercises to reduce stress



CIRCUIT TRAINING

Mix of cardio and muscle-strengthening exercises



CAF + STRETCH

Mix of Pilates and strengthening exercises targeting the abdominals and lower body following with stretching



HIIT + STRETCH

Cardio exercises with a short recovery period to create an intense calorie burn following with stretching



FITNESS ROOM

Open 24/7

ALL CLASSES ARE ALL LEVELS

FITNESS SCHEDULE

APRIL TO JUNE

TIMETABLE	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM	Slow flow 60 min	Yogalates 60 min	Slow flow 60 min	Yogalates 60 min	Yin 60 min
10:15 AM	Meditation 30 min	Breath work 30 min	Meditation 30 min	Breath work 30 min	Yoga Nidra 30 min
4:00 PM	CAF + stretch 45 min	Circuit training 45 min	CAF + stretch 45 min	Circuit training 45 min	HIIT + Stretch 45 min



JULY TO SEPTEMBER

TIMETABLE	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00	Slow flow 60 min	Yogalates 60 min	Mobility flow 60 min	Vinyasa 60 min	Yin Yoga 60 min
10:15	Meditation 30 min	Breath work 30 min	Yoga Nidra 30 min	Meditation 30 min	Yoga Nidra 30 min
16:00	L.A.B + stretch 45 min	Circuit training 45 min	HIIT + stretch 45 min	L.A.B + stretch 45 min	Circuit training 45 min

BOOK YOUR TREATMENT





CYBÈLE RAMATUELLE

beach bar – beach restaurant

beach : 10h00 - 20h00

restaurant : 12h30 - 17h00

To book : [click here](#) or ask our concierge



LES SONORES

ROOFTOP, SUNSET & DRINKS
x DEUTZ

LES SONORES

Before party

Every day 7/7

17:00 to 19:30

At the rooftop

Depending on weather conditions



THE ROOFTOP

Sunset & Drinks : from 17:00

Dinner : from 20:00 to 22:30

Reservation
Dial 4004 or WhatsApp :



Depending on weather conditions
in which case dinner is served indoors



APERO-PETANQUE

Sunset & Drinks

Accessible all day on demand





RESTAURANT & BAR

Fusion of Asian & Mediterranean cuisine

Every day : 12:00 – 23:00

Room service available 24/7 on demand

Reservation
Dial 4004 or WhatsApp :





EAT, DRINK & VIBRATE

Moloko is all about a unique experience, exceptional cuisine and bringing different worlds together.

The selection of plates to share takes diners on an exquisite journey through Asian specialities and international ports of call. Asian and Mediterranean fusion cuisine, accompanied by signature cocktails with Japanese influences.

STARTERS

	€
BURRATA 125g, BEEFSTEAK TOMATO, CANDIED CHERRY TOMATOES, PESTO SAUCE Burrata 125g, tomate cœur de bœuf, tomates cerises confites, sauce pesto	28
GASPACHO WITH PEAS, MINT AND SHEEP BUSH Gaspacho petit pois menthe & brousse de brebis	24
CAESAR SALAD, BREADED CHIKEN, CAESAR SAUCE, CUCUMBER, SOFT BOILED EGG, ANCHOVIES Salade Caesar, poulet pané, sauce Caesar, concombre, œuf mollet, anchois	26
PETROSSIAN CAVIAR, BLINIS AND LEMON CREAM 50g – 125g Caviar Petrossian, blinis et crème citronnée, 50g – 125g	250/570

MAIN COURSES

	€
BURRATA 220G, BEEFSTEAK TOMATO, CANDIED CHERRY TOMATOES, PESTO SAUCE Burrata 220g, tomate cœur de bœuf, tomates cerises confites, sauce pesto	36
TRUFFLE SAUCE LINGUINE WITH SLICED TRUFFLE Linguines al dente, sauce et lamelles de truffe d'été	40
CAESAR SALAD, BREADED CHIKEN, CAESAR SAUCE, CUCUMBER, SOFT BOILED EGG, ANCHOVIES Salade Caesar, poulet pané, sauce Caesar, concombre, œuf mollet, anchois	38
TOMATO AND BASIL HOMEMADE SAUCE LINGUINE Linguines al dente, sauce à la tomate fraîche et basilic	34
YELLOW LANDES POULTRY BALLOTTINE, POULTRY JUICE Volaille jaune des Landes cuite à basse température, jus de volaille corsé	42
RIVIERA STYLE SEA BREAM FILLET, OLIVE OIL, TOMATO, OLIVE AND BASIL Filet de Daurade façon Riviera, huile d'olive, tomate, olive & basilic	44
HANGER BEEF STEAK SERVED WITH MASHED POTATOES AND MEAT JUS Onglet de bœuf servi avec une purée de pomme de terre, jus de viande	46
TUNA TATAKI WITH SESAME, GREEN VEGETABLES AND CANDIED LEMON Tataki de thon au sésame, légumes verts sautés, citron confit	48

SIDES

FRENCH FRIES

Classic - Classique 10

With Parmesan cheese & Truffle - Parmesan & truffe 22

SPINACH SALAD

Classic - Classique 10

With Truffle - Truffe 22

MASHED POTATOES

Classic - Classique 10

With Truffle - Truffe 22

CARROT & CHAMOMILE PURÉE 12

Purée de carotte infusée à la camomille

ROASTED FENNEL 12

Fenouil rôti

SMOKED EFPPLANT CAVIAR 12

Caviar d'aubergine fumé

STEAMED GREEN VEGETABLES 12

Légumes verts à la vapeur

DESSERTS

TO SHARE (OR NOT)

€

GIANT COOKIE, VANILLA WHIPPED CREAM, RED FRUITS, HAZELNUTS

Cookie XXL, crème fouettée à la vanille, fruits rouges, noisettes

26

PLATE OF SEASONAL FRUITS

Assiette de fruits de saison

34



MOLOKO

TO SHARE

€

WAKAMOLE

Sea Lettuces, avocado, lime, nori chips

16

SALMON TACOS

Cilantro, miso, red onions

24

SPICY TUNA TACOS

Wakame, chili garlic

24

VEGGIE TACOS

Candied onions, cucumber, tomato, carrot, veggie sauce

24

CHICKEN BAO

Coleslaw, red hot chili sauce, cilantro

26

ROCK SHRIMP TEMPURA

Soicy mayo, yuzu juice

28

CHICKEN SANDO

Red hot sauce, coleslaw, buttered bread

28

DESSERTS

INDIVIDUAL PORTION

€

MOLOKOKO

Compressed pineapple, brown butter crumble, coconut textures

22

CROISSANT PUDDING

Miso chocolate custard, pain au chocolat, goma, ice cream

22

MOCHI ICE CREAM

Seasonal flavours

18

STARTERS

TO SHARE	€
CLAMS IN PARSLEY SAUCE, SMOKED WITH THYME Palourdes en persillade à l'anis, fumées au thym	18
SHREDDED SPIDER CRAB WITH HERBS AND CREAMY AVOCADO WITH FINGER LEMON Effiloché d'araignée de mer et de tourteau aux herbes, crémeux d'avocat, citron caviar	32
PASTILLA OF HALF-COOKED RED TUNA, APRICOT AND SPICES Pastilla de Thon rouge mi-cuit, abricot et épices	22
VEAL TARTAR WITH COMTÉ CHEESE, SERVED ON A ROASTED MARROW BONE Tartare de veau au couteau, comté et câpres, servi sur son os à moelle rôti	32
PETROSSIAN CAVIAR, BLINIS AND LEMON CREAM 50g – 125g Caviar Petrossian, blinis et crème citronnée, 50g – 125g	250/570
CRISPY OCTOPUS, AÏOLI SAUCE, CANDIED POTATOES Poulpe croustillant, sauce aïoli, pommes de terre confites	24

MAIN COURSES

SEA	€
SAINT-PIERRE FILLET, CARROT & CHAMOMILE MOUSSELINE, ROASTED CARROTS, OSILLARY & BASIL SAUCE Filet de Saint-Pierre, mousseline de carotte à la camomille, carottes rôties, sauce oseille basilic	48
SEABASS FILLET, FENNEL CANDIED WITH ORANGE, BOUILLABAISSE SAUCE Filet de Loup, fenouil confit à l'orange, sauce bouillabaisse	44
RISOTTO WITH GAMBERO ROSSO PRAWNS, SHELLFISH BISQUE AND GREEN OIL Risotto, Gambero Rosso, bisque de crustacé & huile perlée	46
WHOLE SEABASS COOKED IN SALT DOUGH to share Loup entier à partager, cuit au sel à l'étouffée, deux garnitures au choix à partager	72/pers
MEAT	
YELLOW LANDES POULTRY BALLOTTINE, SMOKED EGGPLANT CAVIAR, POULTRY JUS Volaille jaune des Landes cuite à basse température, jus de volaille corsé, caviar d'aubergine fumé	42
IBERIAN PORK PLUMA SERVED WITH ROASTED ANISEED BUTTER AND PARSLEY POTATOES Pluma de Porc Ibérique servie avec des pommes grenaille au beurre anisé et persil	46
BEEF FILLET SERVED WITH MASHED POTATOES AND MEAT JUS Filet de bœuf servi avec une mousseline de pomme de terre, jus de viande corsé	52
ROAST BEEF RIB WITH ROSEMARY JUS to share Côte de bœuf, jus de viande au romarin, deux garnitures au choix à partager	75/pers

SIDES

FRENCH FRIES

Classic - Classique 10

With Parmesan cheese & Truffle - Parmesan & truffe 22

SPINACH SALAD

Classic - Classique 10

With Truffle - Truffe 22

MASHED POTATOES

Classic - Classique 10

With Truffle - Truffe 22

CARROT & CHAMOMILE PURÉE 12

Purée de carotte infusée à la camomille

ROASTED FENNEL 12

Fenouil rôti

SMOKED EFFPLANT CAVIAR 12

Caviar d'aubergine fumé

STEAMED GREEN VEGETABLES 12

Légumes verts à la vapeur

DESSERTS

TO SHARE (OR NOT)	€
GIANT COOKIE, VANILLA WHIPPED CREAM, RED BERRIES, HAZELNUTS Cookie XXL, crème fouettée à la vanille, fruits rouges, noisettes	26
REVISITED LEMON TART - LEMON VERBENA CREAM PUFFS, LEMON PUREE, ITALIEN MERINGUE Tarte au citron revisitée - Choux craquelin, crémeux citron verveine , meringue Italienne, purée de citron	30
EXOTIC PAVLOVA - FRENCH MERINGUE, EXOTIC FRUITS, WHIPPED CREAM Meringue française, fruits frais exotiques, crème fouettée	32
PLATE OF SEASONAL FRUITS Assiette de fruits de saison	34



MOLOKO

TO SHARE	€
WAKAMOLE Sea Lettuces, avocado, lime, nori chips	16
SALMON TACOS Cilantro, miso, red onions	24
SPICY TUNA TACOS Wakame, chili garlic	24
VEGGIE TACOS Candied onions, cucumber, tomato, carrot, veggie sauce	24
CHICKEN BAO Coleslaw, red hot chili sauce, cilantro	26
ROCK SHRIMP TEMPURA Soicy mayo, yuzu juice	28
CHICKEN SANDO Red hot sauce, coleslaw, buttered bread	28

DESSERTS

INDIVIDUAL PORTION	€
MOLOKOKO Compressed pineapple, brown butter crumble, coconut textures	22
CROISSANT PUDDING Miso chocolate custard, pain au chocolat, goma, ice cream	22
MOCHI ICE CREAM Seasonal flavours	18



WATER SPORTS SESSIONS

Activities

Jet ski - Parasailing - Paddle - Buoy
Kitesurfing - Windsurfing - Diving
Swimming lessons - Sea-bob rental

Booking

Dial 4001 or WhatsApp





YATCH RENTAL

Discover the Gulf of Saint-Tropez

From luxury yachts to catamarans

Booking

Dial 4001 or WhatsApp





GOLF & TENNIS

Activities

Perfect your swing or play tennis

Booking

Dial 4001 or WhatsApp





WINE ROUTES

**Discover the richness of Provence's wines
and visit exceptional cellars**

Booking

Dial 4001 or WhatsApp





POLO CLUB SAINT-TROPEZ

Activities

Polo Club is open to you if you wish to take a polo lesson or simply ride a horse

Booking

Dial 4001 or WhatsApp



ACCESSIBILITIES

AVAILABLE ON SITE

Bicycle room & parking free

Private parking facilities

Electric vehicle charging stations

ACCESS

AIRPORTS

Nice - 90 min

Toulon - 60 min

La Môle - 25 min

Cannes-Mandelieu - 60 min

STATIONS

Aix-en-provence - TGV 90 min

Saint-Raphaël - 60 min

Toulon - 40 min

HELISURFACE

Nice, Cannes, Toulon, Grimaud

HIGHWAY A8

Le Muy exit

SHUTTLE

Available to customers to the city center only on request

PLANET-FRIENDLY TRANSPORT

Saint-Tropez – 20 min walk

