

**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*

Les Sonores sunset & drinks

Rooftop

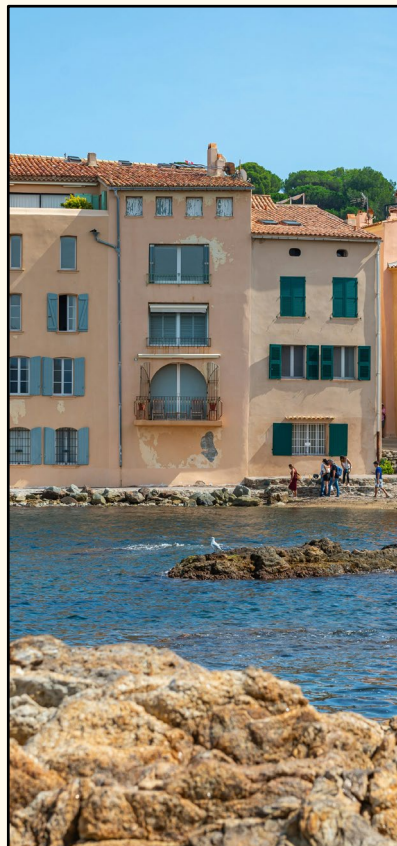
Restaurant

## 04.

### *OUTDOOR ACTIVITIES*

Saint-Tropez activities

Accessibilities





## *RECEPTION*

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**Open 24/7**

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

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## *CONTACT US*

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**Reception & conciergerie : 4001**

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**Restaurant : 4004**

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**Spa : 4008**

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Or click on the WhatsApp icon :

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Emergency number

European emergency number 112

# SUMMARY

<b>equipment</b>	<b>on demand</b>	<b>not allowed</b>
+ 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*

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**Buffet**

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Room service available (15€ supplement)

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Takeaway on request

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07:30 – 10:30

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*HAMMAM  
SAUNA  
MASSAGE  
& BEAUTY SALON*

*ENERGIZING WELLNESS*

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**Spa**

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Every day 7/7

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10:00 to 20:00

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Upon booking only

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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 €
+ <b>Body massage</b>	Energising rock crystal modelling	60   90	150   210
+ <b>Body scrub</b>	Pink sand scrub	30	95
+ <b>Body wrap</b>	Corals & algae	30	95
<b>Short ritual</b>		<b>90</b>	<b>210</b>
<b>Full ritual</b>		<b>120</b>	<b>290</b>

# 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 €
+ <b>Body massage</b>	Relaxing lomi-lomi modelling with hot sand bundles	60   90	150   210
+ <b>Body scrub</b>	White sand scrub	30	95
+ <b>Body wrap</b>	Nourishing monoi	30	95
<b>Short ritual</b>		<b>90</b>	<b>210</b>
<b>Full ritual</b>		<b>120</b>	<b>290</b>

# 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 €
+ <b>Body massage</b>	Rebalancing massage inspired by the ayurveda method	60   90	150   210
+ <b>Face massage</b>	Schirodhara massage inspired by the ayurveda method	30	95
+ <b>Body scrub</b>	Ginger scrub	30	95
<b>Short ritual</b>		<b>90</b>	<b>210</b>
<b>Full ritual</b>		<b>120</b>	<b>290</b>



# 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 €
+ <b>Body massage</b>	Deep tissue – relaxing muscle massage	60   90	150   210
+ <b>Body scrub</b>	Invigorating salt scrub	30	95
+ <b>Foot massage</b>	Foot reflexology for well-being	30	95
<b>Short ritual</b>		<b>90</b>	<b>210</b>
<b>Full ritual</b>		<b>120</b>	<b>290</b>

## 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 €
+ <b>Anti-aging</b>	"Soin Exception"	90	210
+ <b>Hydra-Repulp</b>	Hydrating	60	150
+ <b>Tomate Glow</b>	Radiance boost, purifying	60	150
+ <b>Nutri Action</b>	Moisturising	60	150
Additional minutes and price with technology		15	40

# GET READY

## FOR THE PARTY

TREATMENTS	DESCRIPTION	UNIT PRICE €		
<b>+ Waxing</b>	Eyebrows   Upper lip   Chin	20		
	Underarms	30		
	Bikini	40		
	Brasilian bikini	50		
	Full bikini	70		
	Half legs	45		
	Full legs	60		
	Arms	40		
<b>+ Nails</b>	Manicure	70		
	Pedicure	70		
	Classic nail polish	30		
	Semi-permanent nail polish	60		
	Semi-permanent removal	40		
	<b>+ Hairdresser on demand</b>		SHORT	MEDIUM
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 <sup>AM</sup> | 07H00 <sup>PM</sup>

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

## 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



08:00 AM - 11:00 PM

# YOGA BRUNCH

IDEAL TO START THE DAY  
AND WAKE UP YOUR BODY

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

		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 20<sup>th</sup> • May 18<sup>th</sup> • June 15<sup>th</sup> • July 13<sup>th</sup> • July 27<sup>th</sup> • August 10<sup>th</sup> • August 24<sup>th</sup> • September 28<sup>th</sup>

		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





# LES SONORES

ROOFTOP, SUNSET & DRINKS  
x DEUTZ

## *LES SONORES*

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**Before party**

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Every day 7/7

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17:00 to 19:30

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At the rooftop

Depending on weather conditions





## *THE ROOFTOP*

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**Sunset & Drinks** : from 17:00

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**Dinner** : from 20:00 to 22:30

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Reservation  
Dial 4004 or WhatsApp :



Depending on weather conditions  
in which case dinner is served indoors





# *APERRO-PETANQUE*

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**Sunset & Drinks**

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Accessible all day on demand

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## ***RESTAURANT & BAR***

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**Fusion of Asian & Mediterranean cuisine**

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Every day : 12:00 – 23:00

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Room service available 24/7 on demand

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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

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

## MAIN COURSES

	€
<b>BURRATA 220G, BEEFSTEAK TOMATO, CANDIED CHERRY TOMATOES, PESTO SAUCE</b> Burrata 220g, tomate cœur de bœuf, tomates cerises confites, sauce pesto	36
<b>TRUFFLE SAUCE LINGUINE WITH SLICED TRUFFLE</b> Linguines al dente, sauce et lamelles de truffe d'été	40
<b>CAESAR SALAD, BREADED CHIKEN, CAESAR SAUCE, CUCUMBER, SOFT BOILED EGG, ANCHOVIES</b> Salade Caesar, poulet pané, sauce Caesar, concombre, œuf mollet, anchois	38
<b>TOMATO AND BASIL HOMEMADE SAUCE LINGUINE</b> Linguines al dente, sauce à la tomate fraîche et basilic	34
<b>YELLOW LANDES POULTRY BALLOTTINE, POULTRY JUICE</b> Volaille jaune des Landes cuite à basse température, jus de volaille corsé	42
<b>RIVIERA STYLE SEA BREAM FILLET, OLIVE OIL, TOMATO, OLIVE AND BASIL</b> Filet de Daurade façon Riviera, huile d'olive, tomate, olive & basilic	44
<b>HANGER BEEF STEAK SERVED WITH MASHED POTATOES AND MEAT JUS</b> Onglet de bœuf servi avec une purée de pomme de terre, jus de viande	46
<b>TUNA TATAKI WITH SESAME, GREEN VEGETABLES AND CANDIED LEMON</b> 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 EFFPLANT CAVIAR 12

Caviar d'aubergine fumé

### STEAMED GREEN VEGETABLES 12

Légumes verts à la vapeur

## DESSERTS

TO SHARE (OR NOT)	€
<b>GIANT COOKIE, VANILLA WHIPPED CREAM, RED FRUITS, HAZELNUTS</b> Cookie XXL, crème fouettée à la vanille, fruits rouges, noisettes	26
<b>PLATE OF SEASONAL FRUITS</b> Assiette de fruits de saison	34



## MOLOKO

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

## DESSERTS

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



## STARTERS

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

## MAIN COURSES

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

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Caviar d'aubergine fumé

### STEAMED GREEN VEGETABLES 12

Légumes verts à la vapeur

## DESSERTS

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



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<b>MOCHI ICE CREAM</b> Seasonal flavours	18



## ***WATER SPORTS SESSIONS***

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### **Activities**

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

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### **Booking**

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Dial 4001 or WhatsApp







# ***YATCH RENTAL***

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**Discover the Gulf of Saint-Tropez**

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From luxury yachts to catamarans

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Booking

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Dial 4001 or WhatsApp







## ***GOLF & TENNIS***

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### **Activities**

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Perfect your swing or play tennis

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Booking

---

Dial 4001 or WhatsApp





## *WINE ROUTES*

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

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Booking

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Dial 4001 or WhatsApp







## ***POLO CLUB SAINT-TROPEZ***

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### **Activities**

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

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### **Booking**

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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

