BYBLOS
SPA
BY SISLEY

THE HOLISTIC APPROACH CENTRAL TO BYBLOS AN ODE TO INNER HARMONY

Each precious moment orchestrated by us is dedicated to you.

Our top priority is to understand you, taking into consideration your expectations and wishes, here and now, to create a bespoke experience that combines a feeling of elevation with the sense of just letting go, to help you achieve a wonderful inner harmony.

YOGA SESSIONS

POWER BOOST
A dynamic treatment to open and tone the body after waking up through a series of postures called «asanas» and breathing techniques.

PAUSE & RESET
Helps you to take some time out and let go. The postures are held for 3 and 5 minutes to help the body open up and find deep inner awareness.

RECHARGE MODE
This ancient, traditional therapy is focused on your breathing, the key to learning how to release all stress and regain inner calm.

Sessions last 60 minutes but can be adjusted to suit your needs.

Individual session: €160.

For two: €110 per person.

Group sessions (minimum 3 people): €80 per person.

THE BYBLOS 'EPIC JOURNEYS'

PERSONALISED WELLNESS RETREATS

These retreat experiences have been devised as an invitation to embark on the most wonderful journey from your head to your heart. These personalised day-long retreats can be tailored as you wish.

Each Epic Journey is linked to an element, infusing these moments with an energy and dynamism that support you in your quest to sincerely and genuinely reconnect with yourself.

We strongly recommend you experience the "Eaux Rêvées" water journey, with its Turkish baths, sauna and waterfalls, to put you completely at ease and aid introspection during these precious moments. A sunbed is also reserved for you throughout the day on the Olivier terrace.

Your day is enhanced with a menu of culinary creations devised by the Byblos chef, prepared with produce from our vegetable garden.

"EPIC JOURNEYS" EXPERIENCE : EARTH ELEMENT : RELAXATION

Grounding & Rest

This journey embraces a return to the essentials: taking care of oneself and restoring both mental and physical balance.

Relaxation, like a soothing whisper, reveals its calm and slowness, encouraging each individual to reconnect with themselves.

One holistic treatment – 1h30
One beauty treatment – 1h of your choice (excluding Hydrafacial)
Lunch at the B. Lounge

€550 per person
Advance booking recommended

"EPIC JOURNEYS" EXPERIENCE: AIR ELEMENT : PEACEFULNESS

Lightness & Liberation

This interlude is designed to help you fully experience the life force flowing through your body, heart, and mind. An invitation to let go, find peace, release tensions, and make space to embrace renewal.

One holistic treatment – 1h30
One beauty treatment – 1h of your choice (excluding Hydrafacial)
Lunch at the B. Lounge

€550 per person
Advance booking recommended

"EPIC JOURNEYS" EXPERIENCE: WATER ELEMENT: DETOXIFICATION

Purification & Rebirth

This journey has been envisioned as an inner voyage, inviting you to release toxins, whether physical, mental, or emotional, in order to thrive more fully. A true rebirth, where everyone can rediscover within themselves a space of serenity.

One holistic treatment – 1h30
One beauty treatment – 1h of your choice (excluding Hydrafacial)
Lunch at the B. Lounge

€550 per person
Advance booking recommended

"EPIC JOURNEYS" EXPERIENCE : FIRE ELEMENT : VITALITY

Energy & Clarity

This journey supports you in reconnecting with your deep energy. It helps restore an essential balance between body and mind: the body becomes stronger, more powerful, and the mind regains its clarity.

One holistic treatment – 1h30
One beauty treatment – 1h of your choice (excluding Hydrafacial)
Lunch at the B. Lounge

€550 per person
Advance booking recommended

THE BYBLOS SPA IS OPEN DAILY FROM 10AM TO 8:30PM.

Treatments also open to non-hotel guests.

Any treatment not cancelled at least 24 hour in advance will be charged.

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