

# C'EST *la vie*

WELLNESS & RETREATS

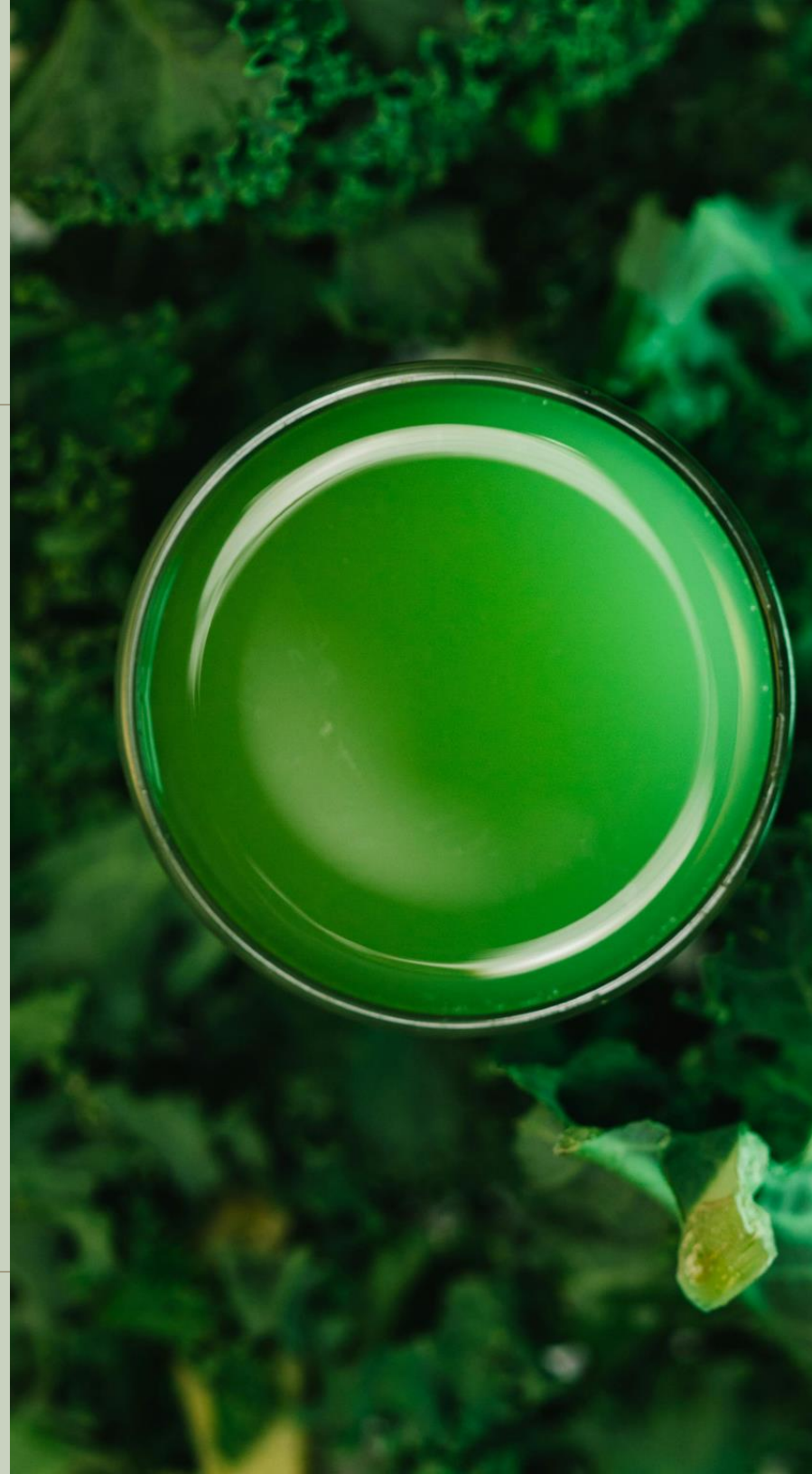
## DETOX: RESET, REVIVE, RECHARGE

**OUR DETOX RETREAT IS MORE THAN JUST A CLEANSE,  
IT'S THE BEGINNING FOR A HEALTHIER YOU.**

It's a chance to reset your body's system, develop healthy habits,  
and return home feeling revitalized and ready to take charge of  
your health.

**November 17-22, 2024**  
**(Sunday to Friday)**

**Bel Air Resort**  
**Mont Tremblant, Quebec, Canada**



# WHAT YOU MIGHT EXPECT



**Beautiful Location:** Immerse yourself in nature at a peaceful and luxurious resort surrounded by stunning scenery.

**Holistic Activities:** Participate in a variety of workshops and sessions designed to promote well-being. This could include yoga, meditation, mindfulness exercises, nature walks, or creative workshops....

**Expert Guidance:** Learn from experienced facilitators and wellness professionals who will guide you on your journey to self-discovery. They'll share practical tools and techniques you can integrate into your daily life.

**Supportive Community:** Connect with people who share the same intentions: (guests, coordinators and coaches) and share enjoyable moments and experiences.

**Time for Reflection:** Take time away from the daily grind to reflect on your life, set intentions, and create a personalized plan for flourishing.

**Delicious and Healthy Meals:** Nourish your body with delicious and nutritious plant-based meals prepared with fresh, local ingredients. Learn how you cleanse your body by eating and drinking detoxifying foods and beverages that keep it clean and healthy.

**Relaxation and Rejuvenation:** Enjoy some pampering spa treatments, unwind by the pool, or simply relax in your comfortable accommodations.

# ABOUT OUR MISSION



**Armelle MESGUICH**

CEO & Founder

C'est la vie Wellness Retreat LLC.

Offer learning and transformative journeys through health coaching & wellness retreats.

Focus on prevention, healthy living and the pursuit of wellbeing.



**Inhale your future and exhale your past.**

**During our retreats, our mission is to:**

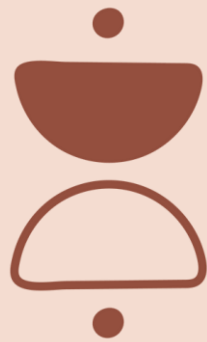
- Enhance the general wellbeing.
- Bring awareness on habits and bring foundations on new healthy routines.
- Restore the body with healing treatments, detox gourmet cuisine, and daily wellness program tailored to each individuals' needs.
- Derive joy and happiness in the new life path of the participants: delightful and colorful plates, fun activities, new exercises and lots of social interactions.

# OUR UNIQUENESS

- To personalize the retreat to each individual.
- To share accurate knowledge and transformative experiences through explanations, masterclasses and workshops.
- To create a protective environment where you can generate positive emotions. We help you build the intention of kindness for yourself and the others.
- Unlike other retreats, at CLV, you don't have to worry about planning anything! We map out your program with your specific goals and needs in mind: from your plates and drinks to your exercises and indulgences allowing you to start a full mind and body transformation.
- To select unique and remarkable locations for our retreats.



OUR  
APPROACH



PHYSICAL MENTAL SOCIAL

We adopt a **multidisciplinary** and **personalized** approach to our method of work.



It is based on 3 dimensions of wellness:

**PHYSICAL - MENTAL - SOCIAL**

# PHYSICAL



It is a combination of cleansing and nourishing cuisine, herbal teas and physical exercises.

It begins with an virtual CLV Wellness consultation crafted to better know our guests' physical condition, intentions and goals

According to the collected information and advanced recommendation from Medical Medium, the specialists tailor a program for the retreat to support guest requirements and needs.

Our culinary offering is seasonal plant-based menus tailored to your needs.





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# MENTAL



We focus on conscious eating and inside & outside nourishing and cleaning.

During masterclasses and workshops, you learn:

- How to enhance your general wellbeing
- Bring awareness on your habits and bring foundations on new healthy routines

You also balance your mind and body through restorative yoga and meditation sessions and healing massages.

# SOCIAL



Connect with like-minded individuals on a similar journey.

Share experiences, participate in group activities, and build lasting connections.





# RETREAT LOCATION



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C'est la vie Wellness Retreat settles down on the grounds of Bel Air Tremblant Resort.

[www.belairtremblant.com](http://www.belairtremblant.com)

Nestled amidst the tranquil beauty of the Laurentian Mountainside, Bel Air Tremblant Resort is a 543 acre community resort shaped by limitless activities and year-round recreational opportunities.

Getting to Bel Air hotel Mont Tremblant is easy through Montreal's Trudeau International Airport from anywhere in the world!

Montreal is only 120 kms (75 miles) from Mont Tremblant or a 90 minute drive.

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Bel Air   
Tremblant

# PLANT BASED MENUS



- They are prepared with purpose, passion and love.
- They are designed to give optimal plant-based nutrition and high energy.
- We choose nourishing food that:
  - Reduce inflammation including food that promote microbiome diversity.
  - Encourage healthy collagen production
  - Reduce oxidative stress by neutralizing free radicals
- We share eating strategies that increase autophagy or cellular turnover.

**Your skin will receive nutrients, not only from creams and treatments, but also from a balanced diet, herbal teas and multivitamins.**



## RETREAT

# INCLUDES:

### PACKAGE PRICE

Single room: US \$2450 + taxes

Shared room: US \$1950 + taxes



## INCLUDED:

- Before the retreat, a detailed questionnaire will have to be filled-in and returned two weeks prior to the retreat.
- 1 virtual one-on-one consultation before your arrival.
- Nutritional recommendations guidance.
- Masterclasses and workshops, focused on rejuvenation.
- Three wellness cuisine meals per person per night of stay (seasonal and local products when possible).
- Complementary healthy drinks, herbal tea according to your personal program.
- Massages.
- Exercise activities: Breathwork - Body art - Yoga- Hiking, Meditation and more...
- Complementary use of pool, sauna and fitness center at Bel Air Resort.
- Accommodation in luxury chalets shared with other guests.

## NOT INCLUDED:

- Travel expenses including the round-trip airport transfer.
- Extra activities including spa treatments & other activities offered in Bel air resort and not included in your personalized retreat.

# EXAMPLE RETREAT DAY

- 7.30 am Good morning at the Juice Bar
- 8.00 am Getting ready for the first activities
- 8.45 am Group hike
- 10.30 am Group Breakfast
- 11.00 am activities
- 1.00 pm Group Lunch
- 2.00 pm Relax
- 3.30 pm Massage at the Spa
- 5.30 pm Workshop
- 7.00 pm Group Dinner
- 8.00 pm Meditation
- 9.00 pm Sleep Herbal tea and Bedtime



# YOUR BENEFITS

IT IS BENEFICIAL TO EVERYONE, AND IN PARTICULAR TO THOSE WHO WANT TO LEARN THE RULES TO STRENGTHEN THE IMMUNE SYSTEM & STAY HEALTHY AND TO PUT SOME DISCIPLINES IN PLACE TO GET A CHANGE IN BEHAVIOR.

1. Enhance your general well-being and remove toxins from the whole body.
2. Bring awareness on your habits and bring foundations on new healthy routines.
3. Restore your body with healing treatments, detox gourmet cuisine and drinks and daily schedule of wellness activities.
4. Learn what food to eliminate to avoid heavy metals, pesticides, fungicides, herbicides and DDT and to naturally cleanse your body.
5. Enjoy the company of other guests and coaches.
6. Get adequate sleep.
7. Get back in touch with nature in unique location.



RESET

RECHARGE

REVIVE

# YOUR PROGRAM OF ACTIVITIES

## BREATHING

Therapeutic breathing techniques for healing and transformation

## RESTORATIVE YOGA/MEDITATION

Gentle, healing practice to support deep rest and balance in the body

## HIKING

Active strolls to breath-taking views. A dynamic way to discover the surroundings

## MASTERCLASSES

lectures and discussions designed to give explanations and awareness on specific topics related to your practice during the retreat

## YOGA

A unique blend of poses and sequencing to relieve stress, increase flexibility and gain strength

## BODY ART

High intensity class to improve your mobility and the function of muscles

## MASSAGE

Gentle or strong pressure to the muscles and joints of your body to ease pain and tension

## WORKSHOPS

a variety of well-structured workshops to cater to diverse interests and needs within our retreat participants



# YOUR BOOKING PROCESS



SEND US AN EMAIL OR DM ON OUR INSTAGRAM ACCOUNT.

WE WILL CONTACT YOU AND ASK YOU TO FILL BOOKING FORMS, INCLUDING A HEALTH FORM.

AS PART OF THE BOOKING PROCESS, WE WILL SET UP AN APPOINTMENT FOR A 30MN HEALTH CONSULTATION.

LOOKING FORWARD TO MEETING YOU.



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C'EST *la vie*  
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Bel Air 🌿  
Tremblant

Your body knows how to take care of you  
— as long as you take care of it!