

Parcours Essentiel Marc Messugué

3 nights/4 days - 4 nights/5 days - 7 nights/8 days - 9 nights/10 days

The package includes:

- Full board accommodation with personalized diet (from the dinner of the arrival day to the lunch of the departure day)
- Phytotherapeutic check-up conducted by Marc Messugué (height, specific herbal treatments, specific diet)
- Medical consultation with Dr. Roberto Merani
- Hand-baths*, foot-baths**, inhalations** with herbal decoctions every day
- Personalized exercises in the gym and pool, postural exercises and group walks with a personal trainer every day*
- Access*** to the Spa (Finnish saunas, Mediterranean bath, Turkish bath, relaxation area, emotional showers)
- Access*** to the Hydromassage Room (thalassic tub, circular hydromassage, hydromassage with magnesium and potassium enriched water)

Beauty and medical or physiotherapeutic treatments are on request and require payment.

*excluding the day of arrival and the day of departure

**excluding the day of arrival

*** according to the daily program

PARCOURS ESSENTIEL – 2023 PRICE LIST

PRICES ARE VALID FROM 16TH JUNE 2023 TO 10TH DECEMBER 2023
EXCEPT OF 4TH AUGUST/3TH SEPTEMBER 2023, PLEASE SEE BELOW****

A) RATE PER PERSON	3 nights/4 days	4 nights/5 days	7 nights/8 days	9 nights/10 days
Messugué Double for sgl use	€ 1.470,00	€ 1.940,00	€ 3.010,00	€ 3.825,00
Deluxe Double for sgl use	€ 1.605,00	€ 2.120,00	€ 3.325,00	€ 4.230,00
Messugué Double	€ 1.275,00	€ 1.672,00	€ 2.548,00	€ 3.240,00
Deluxe Double	€ 1.365,00	€ 1.792,00	€ 2.758,00	€ 3.510,00

AUGUST (FROM 4TH AUGUST TO 3TH SEPTEMBER 2023)

AND NEW YEAR'S DAY (FROM 29TH DECEMBER 2023 TO 7TH JANUARY 2024****)

B) RATE PER PERSON	4 nights/5 days	7 nights/8 days	9 nights/10 days
Messugué Double for sgl use	€ 2.152,00	€ 3.360,00	€ 4.248,00
Deluxe Double for sgl use	€ 2.332,00	€ 3.675,00	€ 4.653,00
Messugué Double	€ 1.840,00	€ 2.800,00	€ 3.600,00
Deluxe Double	€ 1.960,00	€ 3.010,00	€ 3.870,00

The Cappuccini Stay for accompanying persons is based on best available rates at time of booking and includes: full board accommodation, access to the spa and to the water park.

The above mentioned rates are per person, per stay, inclusive of VAT and valid for reservation made from 13th June 2023 onwards. Occupancy Tax not included in the rates: an extra amount of € 2,00 per person per night (not applicable to children under 12 years old and up to a maximum 4 day consecutive stay) will be applied.

**** [Please check Calendar to see the weeks dedicated to Marc Messugué treatments](#)



Parcours Complet Marc Mességué

4 nights/5 days - 7 nights/8 days - 9 nights/10 days

The package includes:

- Full board accommodation with personalized diet (from the dinner of the arrival day to the lunch of the departure day)
- Phytotherapeutic check-up conducted by Marc Mességué (height, specific herbal treatments, specific diet)
- Height check-up on alternate days and prescription of therapy to be continued
- Medical diagnosis with clinical, laboratory and instrumental check-up (Dr. Roberto Merani)
- Daily medical assistance; Body composition assessment
- Hand-baths*, foot-baths** and inhalations with herbal decoctions every day
- Personalized exercises in the gym and pool, postural exercises and group walks with a personal trainer every day*
- Access*** to the Spa (Finnish saunas, Mediterranean bath, Turkish bath, relaxation area, emotional showers)
- Access*** to the Hydromassage Room (thalassic tub, circular hydromassage, hydromassage with magnesium and potassium enriched water)
- No. 1 exfoliating body massage
- No. 1 body massage and facial treatment
- No. 1 body massages (5 days' package), No. 4 body massages (8 days' package) or No. 6 body massages (10 days' package)
- No. 1 tailored heat or cold treatment (5 days' package), No. 3 tailored heat and cold treatments (8 days' package) or No. 4 tailored heat and cold treatments (10 days' package).
- No. 1 back and leg massage (25 minutes) or beauty treatment for hands (last day)
- No. 1 facial treatment (8 days' packages), No. 2 facials (10 days' package)

*excluding the day of arrival and the day of departure

**excluding the day of arrival

*** according to the daily program

PARCOURS COMPLET – 2023 PRICE LIST

PRICES ARE VALID FROM 16TH JUNE 2023 TO 10TH DECEMBER 2023

EXCEPT OF 4TH AUGUST/3TH SEPTEMBER 2023, PLEASE SEE BELOW****

A) RATE PER PERSON	4 nights/5 days	7 nights/8 days	9 nights/10 days
Mességué Double for sgl use	€ 2.360,00	€ 3.878,00	€ 4.950,00
Deluxe Double for sgl use	€ 2.540,00	€ 4.193,00	€ 5.355,00
Mességué Double	€ 2.096,00	€ 3.409,00	€ 4.320,00
Deluxe Double	€ 2.216,00	€ 3.619,00	€ 4.590,00

AUGUST (FROM 4TH AUGUST TO 3TH SEPTEMBER 2023)

AND NEW YEAR'S DAY (FROM 29TH DECEMBER 2023 TO 7TH JANUARY 2024****)

B) RATE PER PERSON	4 nights/5 days	7 nights/8 days	9 nights/10 days
Mességué Double for sgl use	€ 2.620,00	€ 4.305,00	€ 5.535,00
Deluxe Double for sgl use	€ 2.800,00	€ 4.620,00	€ 5.940,00
Mességué Double	€ 2.308,00	€ 3.745,00	€ 4.770,00
Deluxe Double	€ 2.428,00	€ 3.955,00	€ 5.040,00

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