



→ There comes a time in our lives where wellness is more than just a focus on constant physical exercise and healthy eating; it becomes a lifestyle, a mode of action or a system to function with. On the days where you wonder why your body retaliates and your brain switches off, it is time to head out and recharge, and maybe rethink certain aspects of your life a little—but surely to reboot and take control of feeling good.

Escape to the country

It was one of these moments when I felt the need to reboot, and so I found myself booking a ticket, and on my way to France. That's what I was seeking as I knocked on the door of Les Sources des Caudalie—a destination spa in the flowing hills of the Bordeaux region of France, known for its Atlantic coastal

breeze passing through, and the rolling countryside roughened with rows of grapevines belonging to stunning estates. It is here where Swiss Olympic ski champions Florence and Danial Cathiard bought a chateau with numerous cellars and its grounds over twenty years ago. The Olympic couple, who were previously owners of the Go Sport chain, decided to follow their heart and set up the Caudalie family business.

Total body awareness

The doors to the spa are heavy and made of solid wood. They made me completely block off from my daily routines, while entering a domain of full body awareness. Here is where I followed the path of the therapists, being guided by their wellness powers. Based in a contemporary barn and overlooking the grounds, this calming fifteen hundred square metre wellness retreat pampers and relaxes guests whilst they enjoy the peace and quiet. The spa is the brainchild

