



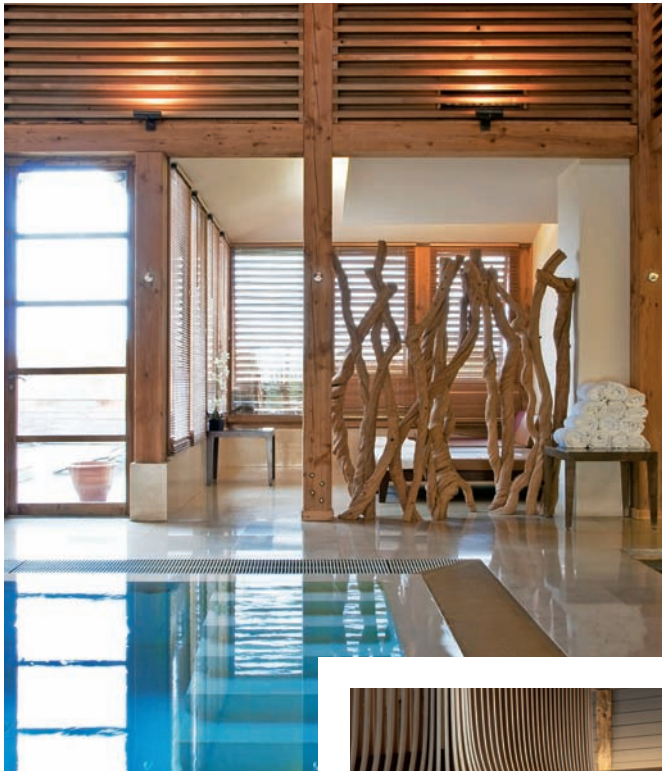
plodded along the estate, whilst a *pigeonnier* towers high above the wooden structures of the picturesque fishermen's cottages. The hotel's own vegetable patch is a feast to the eye for health aficionados; colourful lettuces, kale, spring onions, a variety of tomatoes, edible flowers and a wide selection of herbs are chosen to grow this time of year. And without fail, the fresh country air is a true blessing in disguise for health devotees.

Time stood still

As I arrived at the front door of the main building my bike was ready for take off, including a map and bottle of French

spring water. Before heading into the woods as my map indicated, I decided to cycle the opposite way as I was keen to pass through the stretches of roughened fields first which are watched over by grand statues and contemporary artworks such as the Paper Froisee by Wang Du, a Tree on the Way by Ernesto Neto and the Weathered Venus from Jim Dine towering high above the vines and crops. The bike ride took me through patches of perfectly coiffured farmland, through the estate's private woods, along a 'hidden' cellar, a few more adorning art pieces and past Chateau le Thil, a tiny woodland village part

of Les Sources de Caudalie, which can be booked for private functions such as small country weddings where it feels like time stands still. Before I realised, I was nearing the chateau again, the bell in the tower rang; a sure sign for me to head back, but even more so a realisation it was a first, since arriving at Les Sources de Caudalie, I was actually reminded of time. It was then that I'd realised it was time to head home—to refocus and fall back in my urban wellness state-of-mind, which, as long as it can be alternated with total relaxation, is a pretty great lifestyle to live by. ■



A place of beauty to reset and renew

sweet and savoury Madeleines, plenty of confitures and an array of French cheeses, without even hinting at the à la carte menu laden with wellness offers and a wide selection of freshly prepared farm eggs. A relaxing walk through the grounds and past the pond after breakfast, showcased suites situated in charming plaster-clad wooden houses



PHOTOGRAPHY: LES SOURCES DE CAUDALIE, AND LAURA BROWN.