



Press Release

## **Meet’N’Waves: a wave of well-being for seminars!**

*Created by the Hotel du Palais, legendary luxury hotel on the Basque Coast, the Meet’N’Waves seminar package takes corporate meetings to the crest of the new seaside wellness wave.*

Biarritz, June 25, 2015 – Built by Napoleon III facing the Atlantic Ocean, the Hotel du Palais invites companies to take advantage of its new Meet’N’Waves seminar package, designed to guide each participant back to the path of treating themselves right. The package includes: accommodations in a single room, access to one of the six majestic meeting rooms featuring natural light from 8.00 am to 6.00 pm as well as access to the Imperial Spa. Breakfast, lunch and two breaks were specially developed by starred chef Jean-Marie Gautier who holds the prestigious title of Meilleur Ouvrier de France. His aim is to offer a “healthy” gastronomic experience with all its exquisite taste intact. Surfing the wellness wave, a Water Bar and Juice Bar are set up, inviting participants to discover the subtleties of water or savour Alain Milliat juices. As a bonus: a 2-hour conference on “letting go”, tailored to each group’s profile and given by a recognised speaker. Finally, companies can foster team-building by adding optional sports and well-being activities such as paddle surfing, urban gym, beach challenge, beach relay races or yoga. In fact, this seminar is the ideal experience, reconciling beauty and pleasure, good and good for you!



In our ultra-connected society, where new technologies accelerate every aspect of our lives, many people suffer from stress that impacts their personal life, professional performance and even their work environment. Biarritz, on the other hand, is known as the capital of “Slow Living”, boasting sea bathing with therapeutic virtues, premium surfing sites and a preserved natural setting. The Hotel du Palais has decided to leverage this seaside resort’s myriad benefits to develop a seminar package that refocuses companies’ attention on the concept of pleasure and the human touch. Starting with the pleasures of a good meal! As part of the Meet’N’Waves seminar package, Chef Jean-Marie Gautier has concocted a delicious low-calorie, healthy working lunch composed, for example, of *crab cannelloni with tarragon, pineapple and green beans*; *St. Peter’s Fish strips with tandoori spices and fresh baby spinach*; *celery and green apple soup*; *rhubarb and strawberry compote flavoured with verbena (600 calories)*. A wellness breakfast and two healthy sweet and savoury breaks offering a selection of detox or energising smoothies, fromages frais with berries, fruit, sushi and other energy-boosting treats.

Another health-conscience innovation, the Water Bar and Juice Bar. An alternative to alcohol, the Water Bar invites guests to sample a selection of luxury bottled waters offering surprising taste sensations: Abatilles d’Arcachon, Voss, Eau de Sail, Acqua Filette, Eau Fidji and Nakd. As for the Alain Milliat Juice Bar, it serves up the freshness and flavour of fully ripe fruit, nurtured to bring out their best nature and nuances. On the menu, a selection of original Juices and Nectars including yellow tomato, beet and carrot juice.

By opening the doors of their six sumptuous meeting rooms (Salon Impérial, Princesse Mathilde, Alphonse XIII, Windsor, Edouard VII, and Les Ateliers), the Hotel du Palais meets companies’ need for a marvellous setting that incites participants to excel. Its modular meeting rooms can host up to 250 people and are equipped with all the latest technology: wide screen, video projectors, sound-proofing, free and unlimited internet. After work, the majestic 3000m<sup>2</sup> Imperial Spa – voted Best Hotel Spa in Europe and the Mediterranean – offers companies access to its prestigious facilities: Jacuzzi, hammam, sauna, fitness centre, and freshwater swimming pool. How better to end your seminar than with moments of absolute plenitude?

**Hôtel du Palais\*\*\*\*\* Palace  
Imperial Resort & Spa**

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**The “Meet’N’Waves” semi-residential package starting from €330 includes:**

- Accommodations in a single room
- Healthy breakfast
- Healthy lunch
- 2 wellness breaks
- Meeting room access from 8.00 am to 6.00 pm
- Free and unlimited internet access
- Access to Imperial Spa facilities, Fitness Studio and interior pool, Jacuzzi and hammam
- A 2-hour conference on letting go

**Optional activities, starting from €90 per person and per activity:**

- Urban Gym (1 hour)
- Circuit Training (1 hour)
- Yoga (1 hour)
- Body and mind relaxation (1 hour)
- Surfing or Paddle Surfing (1 hour)
- Neck massage on a chair (20 minutes)

**The “Study Day” package, starting from €125, includes:**

- Healthy working lunch with Water Bar and Alain Milliat Juice Bar
- 2 wellness breaks
- Meeting room access from 8 am to 6 pm
- Free and unlimited internet access
- Access to Imperial Spa facilities, Fitness Studio and interior pool, Jacuzzi and hammam
- A 2-hour conference on letting go

**About the Hotel du Palais:**

Built in 1854 by Napoleon III, the Hotel du Palais in Biarritz is a 5-star hotel, owned by the S.E.M., member of the Leading Hotels of the World as well as the prestigious Comité Colbert. The hotel counts 153 rooms, including 50 Suites, 6 reception rooms able to host up to 250 people, 3 restaurants including one Michelin-starred restaurant and an Imperial Spa with the Guerlain brand. The hotel was attributed the ‘Palace’ category in May 2011 and has earned the Entreprise du Patrimoine Vivant (Living Heritage Company, or EPV) label.

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