



Association "Un jour, une vie sur Terre"

Nature and well-being association.



📍 1120 Route de l'Adreyt - **La Souche**

☎ **06 76 50 50 88**

✉ **unevie_surterre@orange.fr**

🌐 More information **www.otsv.fr/bfff77**

Openings : All year round. By appointment only. **Prices** : Prices not available.

Féerie Nature Harmonie

☎ **06 72 49 57 20**

✉ **lesbaladesfeeriquesdemelanie@gmail.com**

🌐 More information **www.otsv.fr/595777**



Openings : From 01/03 to 31/10/2024, every Sunday. **Prices** : One price: 30 € (Per person). Pay by cash directly on the spot.



Matin blanc Stay – Neyrac-les-Bains Thermal Baths

"Matin blanc" rejuvenating stay at the Thermes de Neyrac-les-Bains: hot tubs, thermal showers, thermal silt wraps, massages under thermal & Californian water, scalp & face treatments, access to the Spa & nights at the residence



📍 Thermes de Neyrac-les-Bains - **Meyras**

☎ **04 75 36 30 00**

✉ **lespathermal@thermesdeneyrac.com**

🌐 More information **www.otsv.fr/64cdf**

Openings : From 22/04 to 17/11/2024. **Prices** : Adult: from 820 €.

Natur'Essence

Emma Kalun, naturopath: consultations, well-being massages, workshops. Naturopathy and natural pregnancy support, prenatal massage. At La Souche (Espace bien-être), at home and via video.

📍 330, route du Tanargue - **La Souche**

☎ **07 68 83 90 92**

✉ **e.naturessence@gmail.com**

🌐 More information **www.otsv.fr/1a9eb6**



Openings : Every day throughout the year between 10 am and 7.30 pm. Closed Wednesday and Sunday.



Nature and creative walk with the 4 elements

Together, let's discover how to connect with the 4 kingdoms of the earth in a simple way. Embark on a walk punctuated by creative relaxations where we will take time to relax, pause and release stress.



📍 Maison du Parc - **Jaujac**
☎ **06 72 49 57 20**
✉ lesbaladesfeeriquesdemelanie@gmail.com
🌐 More information www.otsv.fr/595777

Openings : From 01/03 to 31/10/2024, every Wednesday and Sunday. **Prices** : One price: 30 € (per person). Pay by cash directly on the spot.

Neyrac les Bains thermal resort

In the heart of the Monts d'Ardèche Geopark, the Thermes de Neyrac les Bains welcomes you in a family and friendly atmosphere for your cures and moments of relaxation. New: Kneipp pools, alternating hot and cold baths for circulation

📍 300 ronde du Parc Neyrac Les Bains - **Meyras**
☎ **04 75 36 46 00**
✉ contact@thermesdeneyrac.com
🌐 More information www.otsv.fr/25ce32



Openings : From 22/04 to 17/11/2024. Closed on Sunday. **Prices** : View rates at <http://www.thermesdeneyrac.com/>.



So Locura Stay at Neyrac Thermal Baths

Immerse yourself in a moment of relaxation at the Thermes de Neyrac-les-Bains with our stay "So Locura": • 1 sensory scrub • 1 gentle massage (30 min) • 1 comforting wrap • Access to the Spa • 1 night at the Résidence du Spa



📍 Thermes de Neyrac-les-Bains - **Meyras**
☎ **04 75 36 30 00**
✉ lespathermal@thermesdeneyrac.com
🌐 More information www.otsv.fr/b8f7a5

Openings : From 22/04 to 17/11/2024. **Prices** : Adult: from 144 €.

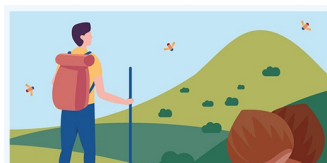
Thermal spa of Neyrac les Bains

Already known to the Romans, the precious thermal waters of Neyrac-les-Bains will delight your skin with their benefits! This resort leaning against a volcano plunges you into relaxation: hydrotherapy, hammam, massages, sauna, swimming pool..and bo

📍 320, Ronde du parc - **Meyras**
☎ **04 75 36 30 00**
✉ lespathermal@thermesdeneyrac.com
🌐 More information www.otsv.fr/25ce32



Openings : From 22/04 to 16/11/2024. Closed on Sunday. The spa: Monday to Friday from 14h to 19h and Saturday from 9h to 19h Treatments from Monday to Saturday 9am to 7pm. **Prices** : One price: 19 to 22 €. The Spa circuit from €19 for half a day: Week rate: 19€. Weekend rate, school holidays and holidays: 22€.



L'application est proposée par le Parc naturel régional des Monts d'Ardèche et les offices de tourisme du territoire pour découvrir des magnifiques sentiers, paysages et patrimoines. comprend des randonnées pédestres, équestres, vélos, VTT et même hivernales avec les parcours de ski de randonnée et de raquettes à neige.









Thermal swimming pool in Neyrac-les-Bains

Enjoy a moment of relaxation or even a family moment to spend yourself in the swimming pool of Neyrac baths. Jacuzzi, swimming pool and aquajets, choose according to your desires! Think about your water shoes, swimsuit and towel



-  300, ronde du Parc Neyrac Les Bains - **Meyras**
-  **04 75 36 30 00**
-  **lespathermal@thermesdeneyrac.com**
-  More information **www.otsv.fr/116e13**

Openings : From 22/04 to 17/11/2024. **Prices** : Adult: from 19 €.

Vertige Solaire Stay – Neyrac-les-Bains Thermal Baths

Reach nirvana at the Thermes de Neyrac-les-Bains with the stay "Vertige solaire": 1 Californian massage 1 thermal silt wrap 1 sensory scrub 1 facial treatment 1 thermal shower 1 hot tub Access to the Spa 1 night at the Residence

-  Thermes de Neyrac-les-Bains - **Meyras**
-  **04 75 36 30 00**
-  **lespathermal@thermesdeneyrac.com**
-  More information **www.otsv.fr/ae53eb**





Openings : From 22/04 to 17/11/2024. **Prices** : Adult: from 253 €.



Yoga avec Lotus Power

Initiate yourself to Kundalini Yoga with Lotus Power! The association also offers weekends and workshops combining yoga, sound therapy and meditation.






-  522 route du Ray Pic - **Burzet**
-  **06 58 82 21 18**
-  More information **www.otsv.fr/a9a47e**

Openings : All year round, daily.

à votre écoute toute l'année



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