



8 AVENUE DE LA PORTE MOLITOR - 75016 PARIS

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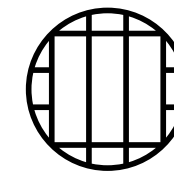
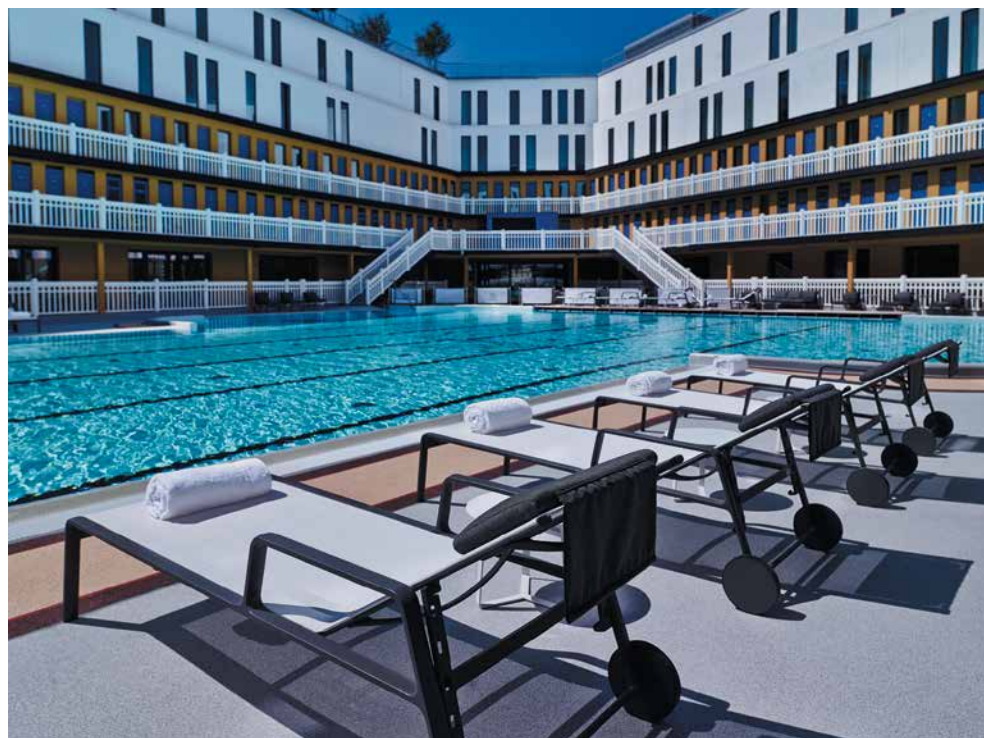
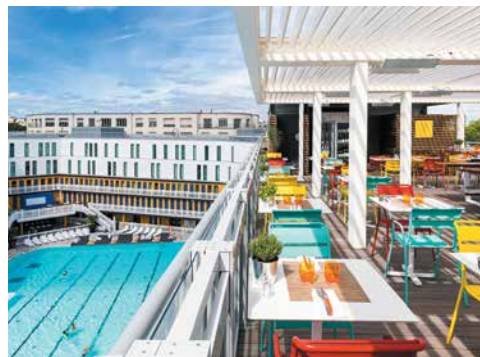
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**MOLITOR**  
*wellness by* **CLARINS**





MOLITOR

## AN EXCEPTIONAL PLACE

POOL ART LIFE

Originally opened in 1929, the Molitor hotel in Paris was “the” place to be in the ‘60s with its indoor and outdoor swimming pools, gala events and avant-garde atmosphere. When it closed in 1989, it was classified as a historic monument. It then became a haven for artists who turned the immense dilapidated building into a temple of urban art, at the heart of the Parisian underground.

After a thorough restoration, the Molitor opened again in May 2014 in the same architectural spirit of the past. Each one of the 124 5-star rooms overlooks the outdoor pool; they are an invitation to discovery and relaxation. While you are at the Molitor, enjoy the tranquil atmosphere of the Spa by Clarins, take a swim in one of the pools or sip a cocktail at the rooftop bar. The hotel's restaurant features delicious, savory dishes prepared by France's finest chefs.

Audacious and ever-changing, the Molitor has always welcomed those looking to experience life's exceptional moments. The passage of such people has given the Molitor a soul and created a heritage that begs to be perpetuated.

Situated close to the shopping areas of Auteuil and Passy and right next to Roland Garros, the Parc des Princes and the Bois de Boulogne, the Molitor Hotel is situated in one of the pleasantest areas of Paris and only 20 minutes from the Eiffel Tower and the Arc de Triomphe.

**TAKE A DEEP BREATH: YOU'RE AT THE MOLITOR.**





# AN INVITATION TO THE WELL-BEING AND BETTER LIVING

## INNOVATIVE EQUIPMENTS

### A SPA

13 treatment rooms dedicated to face and body treatments, massages and rituals, hair treatment and manicure/pedicure.

### A CLUB

2 pools (the first one outdoor 46 m long with an aqua relaxation area and a second one 33 m long dedicated to swimming activities), a room for group sessions, two fitness rooms equipped with cardio-training and body building material, a relaxation room, a reading room, a tea room with free access, saunas and hammams.





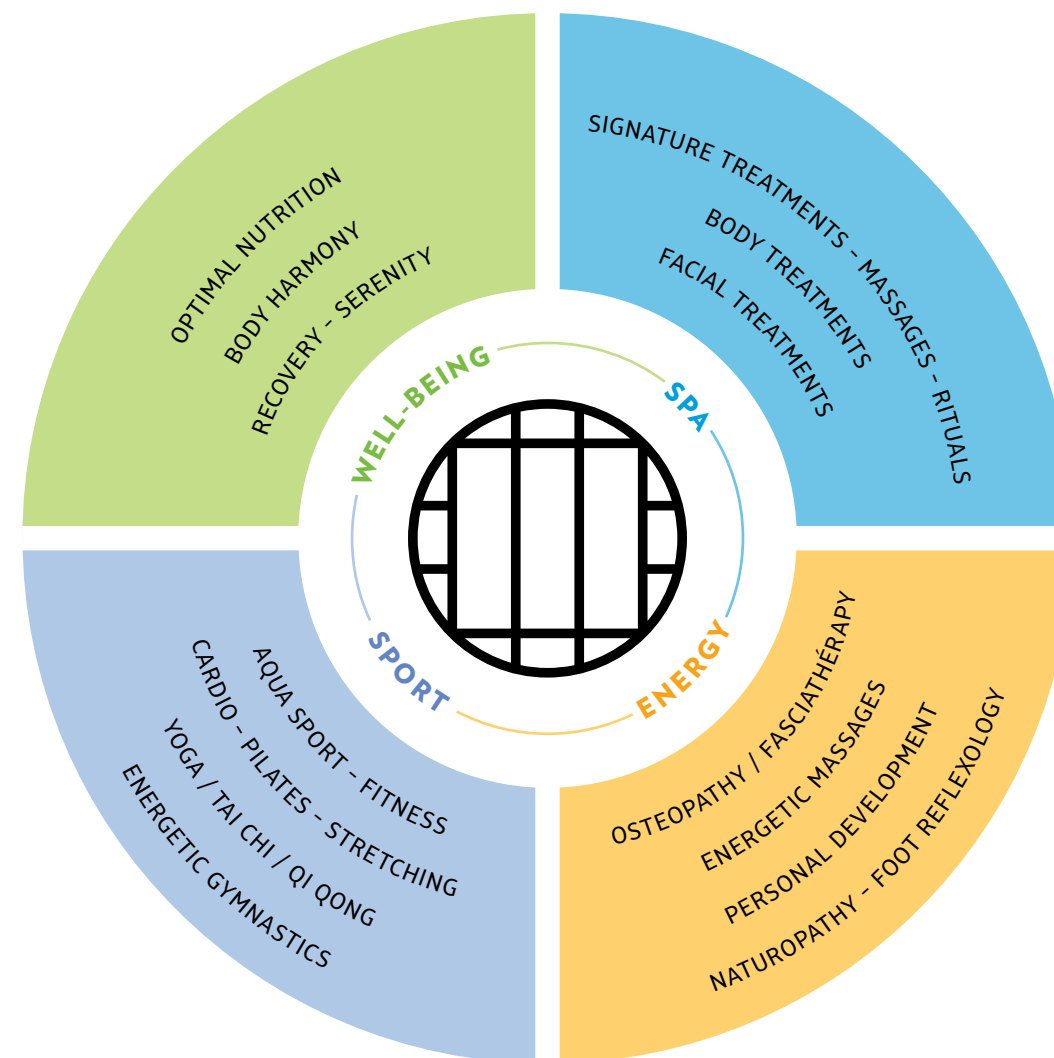
In partnership with Clarins, the Molitor is pleased to introduce its own Wellness by Clarins Programme.

Studies have shown that well-being and preventive medicine go hand in hand when it comes to maintaining a healthy lifestyle. Based on this, Molitor and Clarins have developed a unique Wellness Programme using a holistic, personalized approach. This programme is based on a new idea of Integrated Wellness that revolves around 4 themes: Well-Being, Spa Treatments, Energy and Exercise. It teaches participants how to easily integrate new habits into their lifestyle in order to improve their inner well-being, overall health and energy levels all within a total mind and body dimension. A bilingual (French and English) panel of experts, men and women, ranging from an array of fields such as osteopathy, psychology, nutrition, life coaching, sophrology and naturopathy may be consulted by clients while staying at the hotel. Eight "urban cures" are available in 4 formulas ranging from 1-7 days in duration with the possibility of experiencing different "à la carte" sessions.

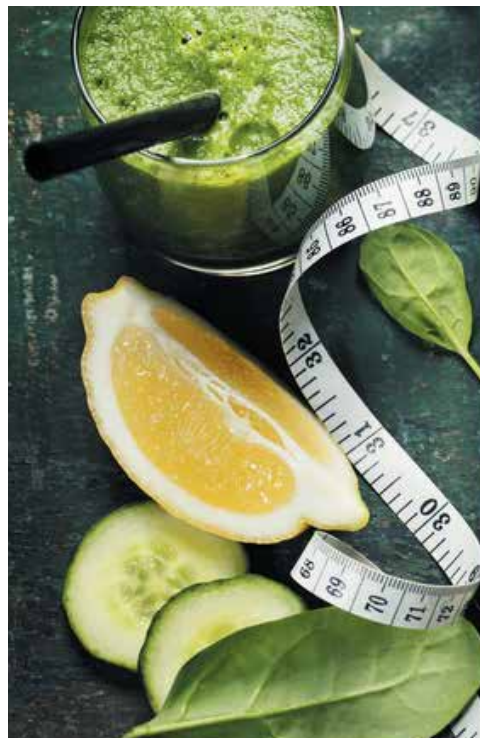
These cures help improve the way you feel about yourself while maintaining a level of complete harmony and balance in order to live a better life.

## First Wellness CONCEPT

Paris



URBAN CURES OR SESSIONS



# URBAN CURES

## AT THE MOLITOR

### **DETOX**

Purifies the body and helps eliminate toxins to boost overall energy levels.

### **A SLIMMER SILHOUETTE**

Refines the silhouette and helps restore a healthy weight by integrating good habits.

### **SERENITY AND PERSONAL DEVELOPMENT**

Manage your personal balance and regain a sense of inner well-being for a boosted sense of fulfilment.

### **SPORT**

Optimize and improve your physical abilities with this personalized work out program.

### **ANTI-AGEING BEAUTY AND WELL-BEING**

Benefit from Clarins' anti-ageing expertise to help you regain youthful radiance by toning and revitalizing the face and body.

### **POSTURE AND BALANCE**

Liberate muscular tension and pain by readjusting your posture and balance.

### **NEW MOTHER- PRE- AND POSTNATAL URBAN CURE**

Prepare for the arrival of baby beautifully and in good shape. Regain a toned, healthy figure after baby is born.

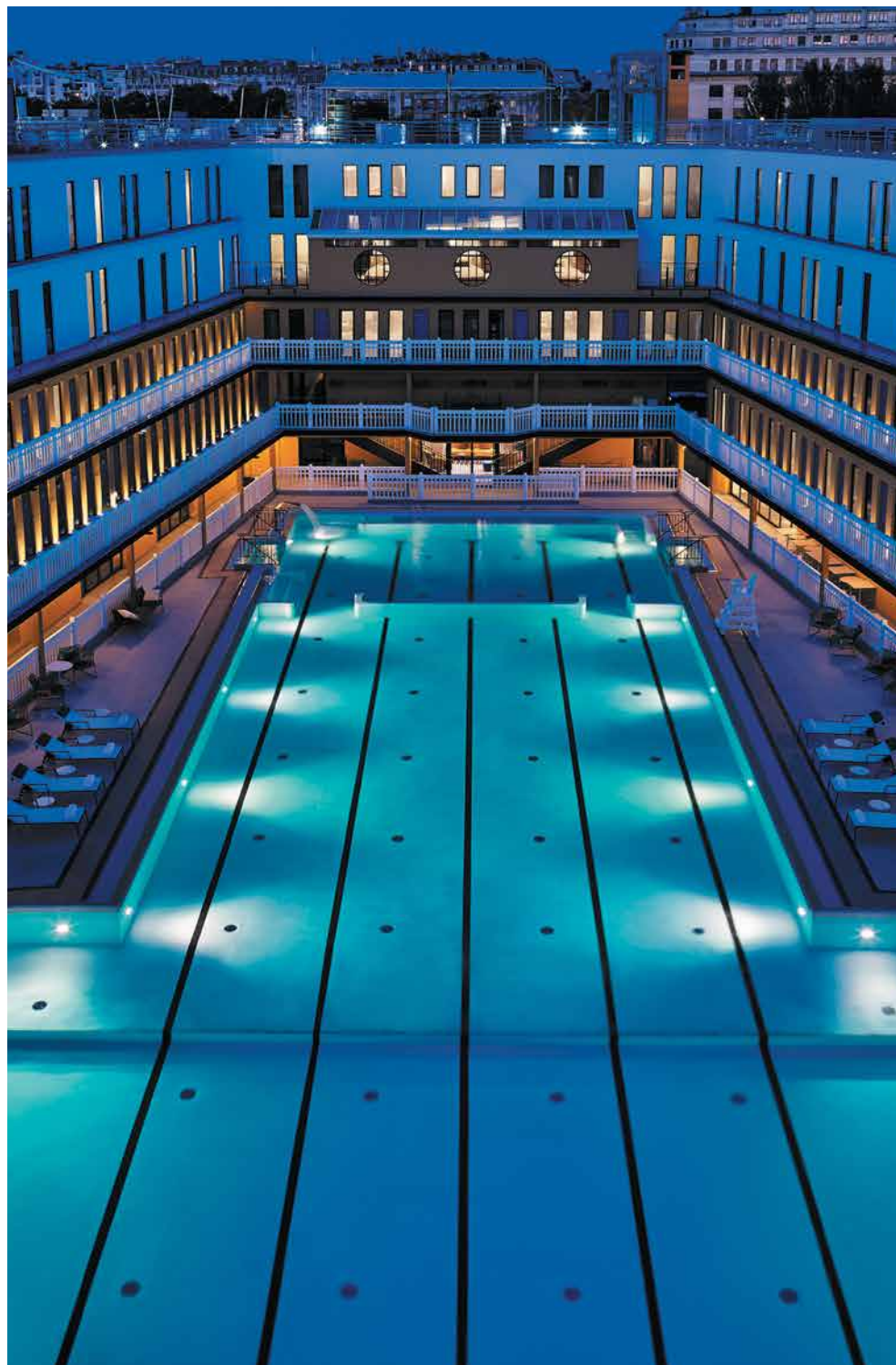
### **TEEN ZEN**

Start the teen years off well and learn about the importance of exercise and good skin care habits.

### **PERSONALIZED CARE**







SELECT YOUR CURE FROM THE FOLLOWING OPTIONS

## 4 PERSONALIZED FORMULAS

### DAY

**FROM 295 €**

1 Well-Being session 1 hr  
+ 1 Spa\* session 30 mins  
+ 1 Sport session 1 hr

### WEEK

**6 DAYS / 6 NIGHTS, CHECK-IN  
THE EVENING BEFORE YOUR CURE  
FROM 1245 €\*\***

3 Well-Being sessions 1 hr  
+ 1 Energy session 1 hr  
+ 1 Spa\* session 1 hr + 5 sessions of 30 mins  
+ 2 Sport sessions 1 hr + 4 sessions of 45 mins

### SHORT WEEK-END

**2 DAYS / 2 NIGHTS, CHECK-IN  
THE EVENING BEFORE YOUR CURE  
FROM 585 €\*\***

2 Well-Being sessions 1 hr  
+ 1 Energy session 45 mins  
+ 1 Spa\* session 1 hr  
+ 1 Sport session 1 hr + 1 session of 45 mins

### LONG WEEK-END

**3 DAYS / 3 NIGHTS, CHECK-IN  
THE EVENING BEFORE YOUR CURE  
FROM 810 €\*\***

2 Well-Being sessions 1 hr  
+ 1 Energy session 45 mins  
+ 2 Spa\* sessions 1 hr + 1 session of 30 mins  
+ 1 Sport session 1 hr + 2 sessions of 45 mins

EACH FORMULA GIVES YOU ACCESS TO THE WELL-BEING AREA: SAUNA, HAMMAM, RELAXATION ROOM, AS WELL AS INDOOR AND OUTDOOR POOLS HEATED ALL AROUND TO 28° C.

\* SIGNATURE TREATMENTS ARE SLIGHTLY HIGHER DEARER.

\*\* OUR PRICES DO NOT INCLUDE ROOM AND BOARD. ROOMS ARE AVAILABLE FROM 220 €.



## SESSIONS

# WELL-BEING *by* CLARINS



### EXPERT CONSULTATIONS

#### SERENITY

Improve concentration and attention span; learn mindfulness techniques to optimize your ability to savour the present moment.

#### RECOVERY

How can you regain energy, get a better night's sleep and manage your health?

If you lack sleep, have depleted energy levels, feel tired and have trouble recuperating... This session was designed to teach you the essential keys to restorative sleep and taking advantage of 'flash naps'.

#### BODY HARMONY

Learn how to gain a healthy body image: learn how to recognize feeling full and enjoy pleasurable eating experiences.

#### OPTIMAL NUTRITION

Lose weight, improve your health and energy levels by establishing your own limits while respecting your tastes and lifestyle habits.

**À LA CARTE SESSIONS** 60 min – 120 €

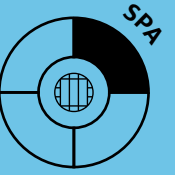


Albizia



# SESSIONS

## SPA *by* CLARINS



### TRI-ACTIVE FACE TREATMENTS

Plant-based skin care expertise:

30 min – 85 € | 1 hr – 140 € | 1 hr 30 – 195 €

### RESHAPING MASSAGE

All of Clarins reshaping massages:

30 min – 85 € | 1 hr – 130 € | 1 hr 30 – 195 €

### OUR SIGNATURE TREATMENTS

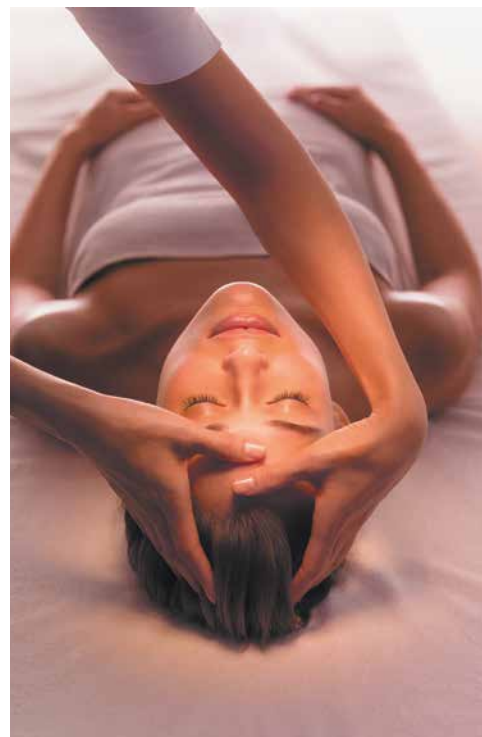
**BEYOND WATER:** face & body treatment: 1 hr 45 – 220 €

**QUICK AND COMPLETE:** face, hands and feet treatment: 2 hrs – 230 €

**A LITTLE OF EVERYTHING:** face, hands, feet, scalp massage, shampoo and style: 4 hrs – 410 €

### À LA CARTE SESSIONS

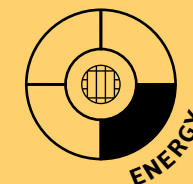




## SESSIONS

# ENERGY

CONSECUTIVE SESSIONS OR À LA CARTE



### EXPERT CONSULTATIONS

**OSTEOPATHY:** restores body harmony in order to regain balance, energy and vitality.

**FASCIATHERAPY:** adjusts the tightness of all body tissues to a healthy balance allowing for ultimate physical adaptation to normal life events.

**POSTUROLOGY:** relieves pathologies and optimizes body posture.

**NATUROPATHY:** develops healthy lifestyle habits based on active prevention.

**RELAXOLOGY:** regroups a variety of simple, natural techniques making it possible to mobilize one's resources and develop full potential.

**SOPHROLOGY:** a mind and body approach using guided exercise and visualization.

**LIFE COACHING:** personalized advice on how to reach goals, get through a change, develop one's potential or make an important decision.

**NEURO-COACHING:** learn how to develop cognitive and behavioral faculties.

**MINDFULNESS MEDITATION:** optimizes your ability to live a life of mindfulness as often as possible. Ideal to reduce stress, let go of fears, anxiety and tension.

**KINESIOLOGY:** get into contact with your body with a muscle test and free up unconscious tensions. A series of coherent steps (mental-heart-body) give access to fundamental resources.

**À LA CARTE SESSIONS** 60 min – 120 €

### ENERGETIC MASSAGE

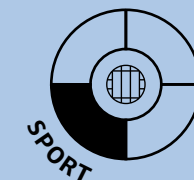
**SHIATSU | TUINA | NUAD BO RAM (THAI MASSAGE) | AYURVEDIC ABHYANGA  
BALINESE | REFLEXOLOGY | CHI NEI TSANG | DIEN CHAM**

**À LA CARTE SESSIONS** 1 hr – 130 € | 1 hr 30 – 195 €



## SESSIONS

# SPORT



**AQUA SPORTS:** aqua gym, aqua bike, aqua palm, aqua perf and intro to swimming.

**FITNESS:** global muscular reinforcement exercises done to music.

**CARDIO:** cardio-training using: stationery bike, treadmill, elliptical and rowing machine.

**PILATES:** muscular reinforcement of the abdominals and spine.

**STRETCHING:** uses breathing techniques for optimal results.

**YOGA:** balanced development of physical and psychological capacities.

**TAI CHI & QI GONG:** traditional Chinese discipline based on breathing and the circulation of energies.

**ENERGETIC POSTURE BUILDING:** anchoring technique and posture stretching.

**APNEA:** by its multiples forms (static, dynamic, deep), the apnea allows thanks to breath methods, mental preparation and to the weightlessness to find the physical and mental relaxation to forget everyday life tensions.

### À LA CARTE EXERCISE SESSIONS RESERVED FOR OUR HOTEL CLIENTS

Group class: 25 €

Private coaching: 30 min – 50 € | 45 min – 75 € | 1 hr – 90 €

## TO EAT

The Restaurant and Bar, located next to the two swimming pools, are an invitation to enjoy a memorable, pleasurable meal or drink. During the summer, the rooftop terrace is an exceptional Paris address. Chef Julien Mercier proposes a creative cuisine strongly influenced by the French gastronomy. A selection of creative, greedy but light dishes, is also proposed as a supplement to some cures.



## AND IF YOU STAYED OVERNIGHT?

Our 5-star rooms were decorated by Jean-Philippe Nuel and have an exceptional view of the outdoor pool. The rooms and suites are a haven of calm and relaxation. The pure and sober decor is the best way to feel at home at Molitor and experience a truly exceptional and timeless moment in the city, within an atmosphere of vibrant creativity.

ROOMS ARE AVAILABLE FROM 220 €.







## ACCESS

**PUBLIC PARKINGS NEARBY:** Jean Bouin and Porte de Saint-Cloud.

**UNDERGROUND ACCESS:** lines 9 and 10.

### **MOLITOR IS SITUATED:**

- from 5 mins on foot from the Bois de Boulogne.
- at 2 mins on foot from Roland Garros and the Parc des Princes.
- in front of the Jean Bouin Stadium.
- at 20 km from Orly airport.
- at 30 km from Roissy CDG airport.
- at 6 km from Montparnasse train station.

