



LE BRISTOL
PARIS

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*Launches
Wellness Sundays*

LE BRISTOL
SOCIETY
PARIS



A NEW WEEKLY RITUAL DEDICATED TO WELL-BEING

What if the ultimate luxury was simply knowing how to slow down? Taking time. Allowing yourself to breathe, a conscious pause, far from the hustle of Paris. Le Bristol Paris launches Wellness Sundays, a new Sunday ritual conceived as a haven of well-being, where mindful movement meets genuine expertise. Designed to follow the rhythm of the seasons, these experiences invite guests to reconnect with themselves and embrace self-care within the intimate, iconic setting of the Palace on rue du Faubourg Saint-Honoré, overlooking the garden.

Far more than a group fitness class, Wellness Sundays are crafted as true holistic programmes. Each session is built around a precise framework in which movement becomes a tool for listening to and understanding the body. Here, performance gives way to precision of gesture, attentiveness to sensation, and a sustainable approach to well-being.

To bring this vision to life, Le Bristol Paris has partnered with Laure Dary, professional dancer and founder of Maison Of(f) Wellness. Trained between Paris and the United States, she has developed a comprehensive approach to movement drawing on dance, Pilates and yoga. Her

expertise, widely recognised within the worlds of luxury and the arts, lends Wellness Sundays a signature that is at once refined, deeply felt, and resolutely contemporary.

Structured around four major seasonal programmes, from a spring awakening to a winter restoration, Wellness Sundays support the body through its natural transitions. Each session combines a range of disciplines and concludes with a personalised exchange, ensuring that the benefits of the practice extend into a broader, more conscious well-being journey.

True to its vision of luxury in the fullest sense, Le Bristol Paris weaves these wellness appointments into the house's most emblematic experiences. Wellness Sundays are available in several packages, blending movement, gastronomy and beauty treatments, from breakfast at Café Antonia to signature facial treatments at the Spa Le Bristol by La Mer.

With Wellness Sundays, Le Bristol Paris offers a new way of approaching well-being, one where excellence is understated, expertise is lived rather than displayed, and time once again becomes a privilege.

PRACTICAL INFORMATION

WELLNESS SUNDAYS

Salon Versailles

Le Bristol Paris – 112 rue du Faubourg Saint-Honoré

Three Formules :

Wellness Session – €85

Wellness Session & Detox Breakfast at Café Antonia – €160

Wellness Session & 55-minute Tata Harper or La Mer Facial Treatment – €355

2026 CALENDAR:

Spring Reset: Sunday, 22 March

A Pilates, yoga and relaxation session to reawaken energy, release tension and gently restore vitality.

Summer Boost: Sunday, 21 June

A Pilates and Barre session to tone and deeply sculpt the body, boost circulation, lengthen muscles and improve posture.

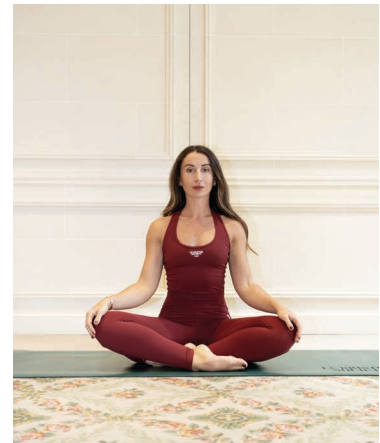
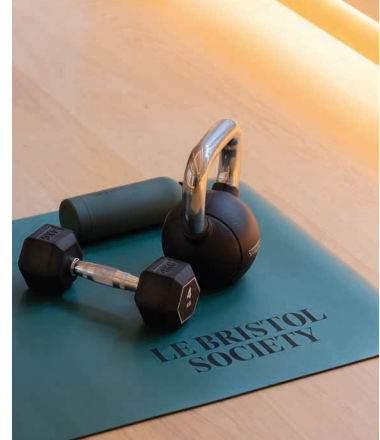
Fall Realign: Sunday, 20 September

A yoga and Pilates session to strengthen deep muscles, improve joint mobility and balance the body's energy.

Winter Restore: Sunday, 13 December

A stretching session focused on mobility and deep breathing, designed to release accumulated tension.





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Fanny Crawford
Head of Communications
fanny.crawford@oetkerhotels.com

LE BRISTOL PARIS

Océane Franc
Communications Manager
oceane.franc@oetkerhotels.com

LE BRISTOL PARIS

Salomé Lerendu
Press & Projects Coordinator
salome.lerendu@oetkerhotels.com

OETKER HOTELS

Jenny Gorevan
Director Global Communications & Partnership
jenny.gorevan@oetkerhotels.com

OETKER HOTELS

Laetitia Guy-Debout
Responsable des Relations Publiques France
laetitia.guydebout@oetkerhotels.com