

Spring Cleanse

March 27st - April 1st, 2020
Domaine Les Martins, Gordes, France



Join us for 5 days of well-being in the pitoresque Luberon Valley to detox your body and re-balance yourself along the world renown dietary regiment by Dr Alejandro Junger.

Healthy eating and drinking combined with exercise and meditation will give you a new sense of internal balance.



We have worked out a 5 day program that includes nature walks or runs, bike tours, and fun things to do such as a Provençal market visit as well as touring through some of France's most beautiful medieval villages or going on art tours. So your mind and body get nourished equally.

The Schedule

On arrival day we get together for an overview of the program followed by our “last supper”, a healthy four course dinner based on Alejandro Junger’s elimination diet.

The next 4 days we will drink fresh and healthy juices morning and nights. For lunch we will cook for you a healthy three course meal based on the elimination diet. In between you will get plenty to drink to keep your tummy full.

We will keep you busy with meditation, exercise, inspirations and excursions, as much as you like. You will learn how to eat healthy and well, tone yourself and balance your mind.

The Inspirations

Dr. Alejandro Junger was born in Uruguay. He completed three years of training in Internal Medicine at NYU Downtown Hospital and three more years of fellowship in Cardiovascular Diseases at Lenox Hill Hospital. His first book, Clean, is a manual for readers to learn how to turn our detoxification systems on full speed while supporting our bodies to maximize their effectiveness.



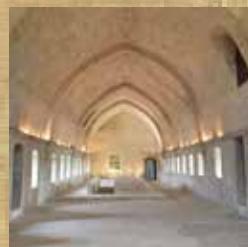
Sonja Kuikstra, a health practitioner and naturopath, started out with a bio photon coherency practice in Geneva, Switzerland. With her practice in Apt, Viens and at the Spa&Wellness Center Coquillade Village, Gargas, France, she provides Naturopathy, Bionutritional Profiling, energetic massages and health food workshops. Her first book is a practical link between food and health.



The Place

Domaine Les Martins is part of an ancient Hamlet in the community of Gordes dating back to the 1600s. Only a few minutes away the famous town of Gordes is perched on top of a cliff overlooking the Luberon Valley. Its dramatic setting is not only attracting tourists from all over the world, but has also earned it the classification as one of 100 most beautiful French villages.

Domaine Les Martins offers you the attractions of Gordes in a peaceful and tranquil setting off the beaten tourist path. Located in the heart of the “golden triangle” between Gordes, Menerbes and Lacoste you are in the best spot to explore the famous Provence, with its infinite rolling hills, lavender fields, wineries, medieval villages and cultural cities like Aix and Avignon.



Accommodation & Prices

Package price includes room rates for 5 nights, first night 4 course dinner, morning & evening juice meals, lunches, a lecture with our naturopath, guided meditations, runs and promenades, a Provence village tour, art show tours, a Provence market visit, bike rentals. Not included: Taxes, various entrance fees, transportation, massages, food or drinks outside of meal plans.



Deluxe Room

[reserve now](#)

single occ

1565.-EUR-

double occ/pp

1145.-EUR

Our deluxe room of 17 m2 (185sft) features a large en-suite bathroom of 13m2 (145sft) with a large double vanity, an Italian shower and an old style freestanding cast iron bathtub for indulging moments in your own privacy. The bedroom features an old Provencal style king size double bed that can be split into two single beds upon request if you would like to share the room.



Suites

[reserve now](#)

single occ

1745.-EUR

double occ/pp

1195.-EUR

Our three suites average 35m2 (365sft) and feature a separate seating salon as well as en-suite bathrooms with Italian showers. One suite features a king-size double bed that can be split into two single beds upon request if you would like to share the room. The other two suites have queen size beds and one of these suites is arranged over two levels.



Apartment

reserve now

single occ

1865.-EUR

double occ/pp

1275.-EUR

On the ground floor level the apartment offers 53m² (570sft) of private space. It is oriented to three sides with direct access to the plaza of the hamlet and a courtyard within our property. The bedroom features a queen size bed. The bathroom is fit out with an Italian shower, a toilet and a vanity with a single sink. The salon is equipped with a restored functioning fireplace and features a fully equipped open kitchen with its dining area.



Loft

reserve now

single occ

1865.-EUR

double occ/pp

1275.-EUR

A two story guest accommodation on the second floor with its independent entry from the main courtyard over a stair behind our magnificent climbing rose, this unit offers 78m² (840sft) of private space featuring a double height salon with a decorative fire place and concert piano along with a fully equipped kitchen and dining area. The mezzanine sleeping loft features a queen size bed and a writing desk and offers a view over the property park and into the Luberon valley. The bathroom features an Italian type shower.



Studio

reserve now

single occ

1865.- EUR

double occ/pp

1275.- EUR

Located on the top floor this unit measures 40m² (435sft) and is setup like an open studio. The open kitchen and dining areas are sharing the space with the bedroom area, featuring a queen size bed with spectacular views of the some villages. The bathroom features an Italian type shower with a small window with a view. With this unit comes a private terrace of 18m² (200sft) with 270-degree views of the Luberon valley, the hameau and our property.



For further inquiries please email us at
info@domainelesmartins.com
See you in March!