



# La Bastide DE DAMIEN

04 42 63 79 08 • 06 23 45 55 87  
605 chemin de la Valentine- 13540 Aix-en-Provence



**WELCOME BOOKLET**

TO HELP TO PREPARE  
YOUR STAY







# Hello & Welcome

*We hope you have a memorable stay and leave with wonderful memories of your time here. We thought of everything to make sure your experience goes as smoothly as possible.*

*If you need anything, don't hesitate to contact us.*



# About **LA BASTIDE**



## Family Estate

**2 Lodges**  
with private gardens

**3 Suites**  
with private gardens

**Heated swimming pool**  
from May 20th to  
September 20th  
- Drink service available  
all day  
- Lunch service  
(prepared by Corinne)  
by the pool during the  
season or in your private  
garden

(menu available on site)



We are proud to have joined **Alain Ducasse's** prestigious  
guide, awarded:

**5 Keys** (demeure d'exception)

**1 Spoon** (remarkable table)



# ARRIVAL *Times* & DEPARTURE



YOUR ARRIVAL

FROM

**16H30**

Please note that the gate **will not open before the official check-in time**, as a dedicated team is carefully preparing your personalized experience. This policy is strict and applies to all guests. However, we are happy to welcome you **up until 11:30 PM**.



YOUR DEPARTURE

No later than

**11H00**

Please double-check your room before leaving as forgotten items will not be mailed, but will be kept for your next visit.



# House RULES

**01**

**TOURIST TAX**  
(€11 per couple per night)

to be paid in cash upon arrival with valid ID.

**02**

**OPTIONS**

All pre-booked and confirmed options must also be paid in cash upon arrival.

**03**

**FOOD & BEVERAGES**

Bringing food is not allowed on the premises. If external food or beverages are brought in, a **€20 service fee per person** will apply.

**04**

**VISITORS**

For insurance reasons, only registered adult guests are allowed.  
No external visitors.

**05**

**PETS**

Although we love animals, pets are not allowed during your stay.

**06**

**ELECTRIC VEHICLE CHARGING**

Unfortunately, no EV charging station is available and electrical outlet charging is not permitted.







As Confucius wisely said:

**“ Without rules, chaos replaces harmony..”**

**Respect check-in/check-out times**

**No food or drinks from outside allowed** : We offer full in-house dining services.

**Facilities:** : Checks will be carried out upon departure to ensure that you have not forgotten anything. This simple verification also allows us to confirm that no equipment has been damaged or inadvertently taken.

**We count on your understanding and cooperation to ensure a pleasant experience for all.  
Thank you for your respect.**

*The Management*







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As soon as you arrive, a quiet excitement hums behind the scenes:  
Every member of the team is orchestrating the smallest details to make your  
stay a moment of total disconnection.

Here, hospitality is an art, a craft we perfect every day with passion and  
dedication.

Stéphanie – Damien – Dominique – Corinne and our Chef Dominique FRÉRARD  
warmly welcome you.



# Gourmet EXPERIENCE



*Welcome Appetizer Board*



Charcuterie, homemade tapenade, cherry tomatoes, bufala mozzarella with basil, olives from our estate, etc.

**Vegetarian boards available upon request**

**Price: €35**



# Culinary EXPERIENCE



**Dominique Frérard** a talented chef with a natural kindness and, above all, an incredible talent!

An ambassador for the flavours of the South, his cuisine is sincere, simple and generous.

During his long career, DOMINIQUE FRÉRARD has been awarded 1 star in the Michelin Guide, and was the Executive Chef of the 5-star 'Les trois Forts' Sofitel Marseille Vieux Port restaurant for 28 years.

CHEF ÉTOILÉ



## Starters

House-marinated gravlax salmon, herbed lemon cream, blinis

Duck foie gras cured with Camargue salt and mild spices, dried fig chutney with redwine and orange zest, toasted bread

## Main Courses

Chicken fillet studded with leeks and melanosporum truffle, served with a suprême sauce, mashed potatoes with black diamond truffle, and a medley of baby vegetables.

Lobster tail sauté, potato gnocchi, iodized emulsion, layers of cauliflower

## Dessert

Signature rose-shaped cake: vanilla mousse with rose, red berry compote (raspberry, blueberry, strawberry), madeleine sponge, crisp shortbread

FULL MENU : €89 per person

STARTER / MAIN : €79 per person

MAIN / DESSERT €79 per person





# Spirits & WINES

## CHAMPAGNES :

From a family-run producer we've carefully selected:

### BRUT BLASON VERT – €75

Elegant and gourmet with a creamy mouthfeel and bursts of fruity notes highlighted by citrus. Fresh, refined, and versatile.

### Ruinart Brut – €119

### Ruinart Rosé – €189

### Ruinart Blanc de Blancs – €199

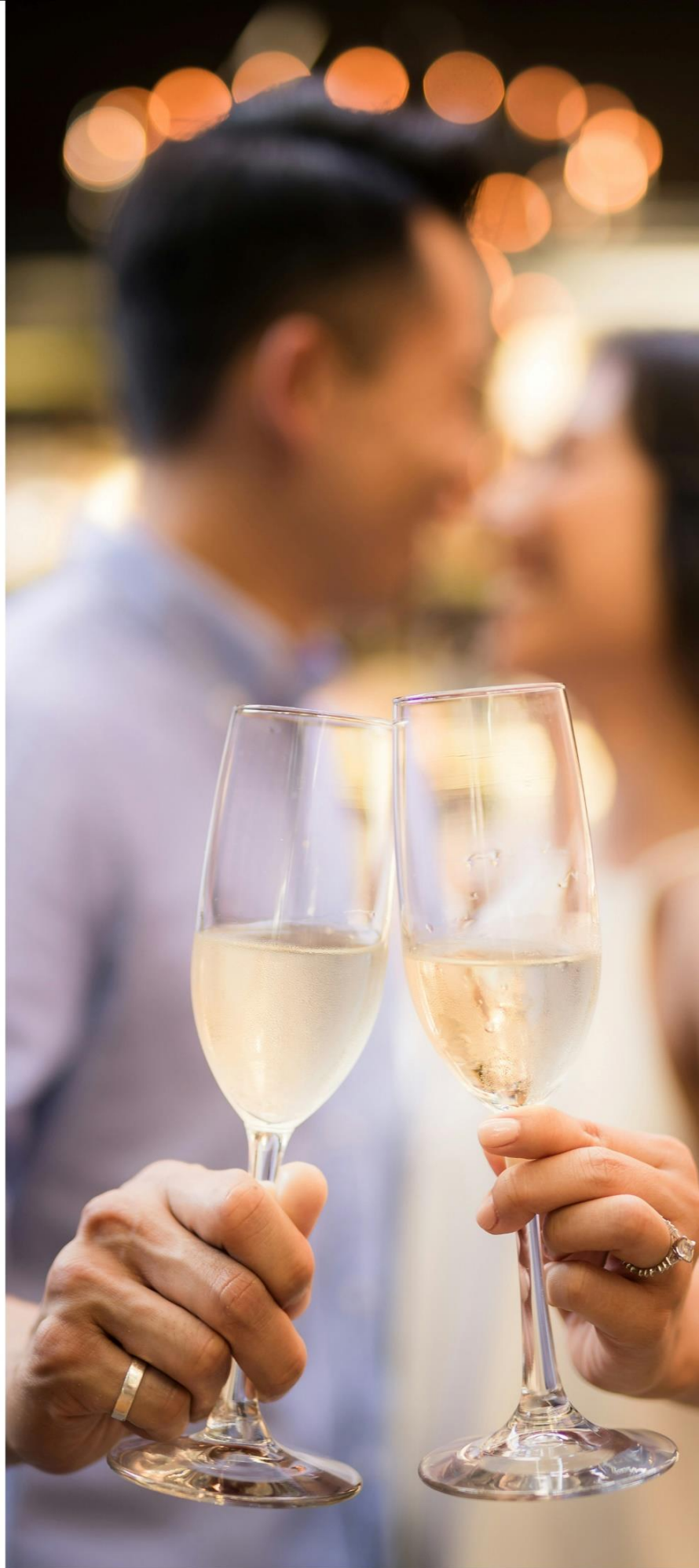
### Dom Ruinart Blanc de Blancs 2010 – €459 (Best Champagne in the World, 2022)

## WINES

We've curated a **refined wine list** for connoisseurs. Our private cellar offers unforgettable experiences for even the most demanding palates.



And for those seeking absolute refinement, we offer the perfect pairing: **caviar + wine or champagne** (in collaboration with KAVIARI), *served in-room on arrival.*





# Gourmet ! BREAKFAST

**Served for 2 guests minimum**

**Fixed base formula – €17.50 per person**

**(Extras are charged separately)**

**Includes:**

## **1 HOT DRINK :**

Maragogype Coffee (Nicaragua Grand Cru)

Café au lait (Farm milk, La Tour de Franque)

Hot chocolate (Organic cocoa, Côte Ivoire/Togo + farm milk)

MARIAGE FRÈRES teas (green, black, white)

Warm/cold farm milk

Herbal infusion: thyme or verben

## **FRESHLY PRESSED ORANGE JUICE**

## **CROISSANT OR PAIN AU CHOCOLAT**

Artisanal bread, AOP butter, and homemade jams

## **BREAKFAST OPTIONS**

**( Formule non interchangeable )**

Scrambled organic eggs, bacon, green salad – **€15 per pers**

Organic white ham & fine cheeses (Laetitia Gaborit – MOF) – **€15 per pers**

Seasonal fruit salad – **€8.50 per pers**

Farm yogurt (La Tour de Franque) & soft-boiled egg – **€6 per pers**

## **BREAKFAST EXTRAS**

Lavender honey **€3**, Espresso **€2.5**, Double coffee **€4.5**, Café au lait **€4.5**,  
Hot chocolate **€5**, Milk **€4**, Tea **€4.5**, Infusion **€3.5**, Espresso pod **€2 each**



# Wellness

## **DUO MASSAGE – A Must-do**

75-minute personalized full body massage

**€299 per couple**

A soothing experience, we offer a tailor-made 1 hour 15 minute DUO massage in the estate's massage room, an exceptional moment of relaxation and sharing. Our experienced practitioners will welcome you with kindness and professionalism for a unique experience.

Because every couple should have an exceptional experience, this treatment will allow you to let go, a great moment of self-reflection and deep relaxation.

With our range of YON-KA treatments, you can choose from an escapade in Provence, a Corsican delight, a forest walk or a trip to Polynesia

(to be booked at least 2 days before arrival).

**Centre certifié**

**YON  
KA®**



## TIME-RESIST FACIAL (60 min)

A personalised anti-ageing treatment to fill in deep wrinkles. Time Resist fills in wrinkles that have already set in, re-densifies the skin and has a strong anti-fatigue action. It is suitable for all skin types.

- Smooths facial features
- Plumps wrinkles
- Revitalises the skin.

139 euros  
per pers

### Description of treatment:

The combined action of specific Yon-Ka anti-ageing techniques and redensifying, smoothing and wrinkle-filling active ingredients makes this treatment a real youth reactivator. Designed as a break that combines effectiveness and well-being, this ritual combines the Time Resist activating formula with a highly concentrated peel and a sensorial tightening mask.

**Well-being benefits:** skin is smoother, firmer and more elastic

## ICONIC SIGNATURE FACIAL Our Iconic Treatment 75 min

Personalised aromatic treatment, detoxifying and revitalising, based on a deep cleansing in 5 exclusive phases.

Treatment: 169 euros per person

- Detoxifies the skin
- Brightens and clarifies the complexion
- Smooths skin texture
- Clears pores

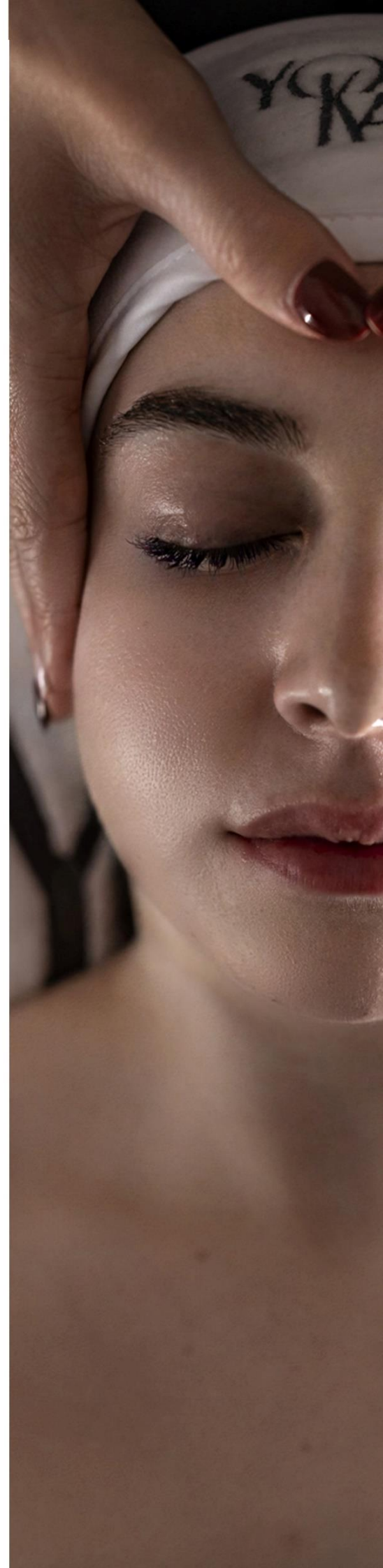
169 euros  
per pers

### Treatment Description:

A personalised aromatic treatment in 5 exclusive phases. This treatment detoxifies the skin in depth, gently exfoliating it through the combined action of a plant-based scrub, an AHAS peel and oxygenating misting with YON-KA\* quintessence essential oils. Step after step, the skin is revealed in all its purity and radiance. The treatment is suitable for both men and women. Take advantage of our duo cabin for a special moment of relaxation for two.

**Well-being benefits:** Detoxified skin, a radiant complexion, smoother, clearer skin texture.

## Our fundamental treatments (FACE)







## **HYDRALESSENCE (60 min) 139 €**

**A personalized treatment for dehydrated skin**

- Deep hydration (with hyaluronic acid)
- Soothes
- Rebalances the skin

### **Description of treatment:**

Is your skin feeling rough, dull, and marked by fine lines? These signs of discomfort indicate a need for hydration. This high-performance treatment helps restore the skin's balance, suppleness, and softness. A phyto-aromatic treatment suitable for all skin types, it provides absolute comfort to dehydrated skin. Hydralessence is ideal year-round at the first signs of dryness or discomfort.

This replenishing and thirst-quenching treatment includes an initial mask applied under steam, followed by a refreshing and indulgent double hydrating mask.

The application of the Hydra No. 1 serum and cream at the end of the treatment will leave your skin soft, comfortable, and radiant.

### **Well-being benefits:**

Replenished, soothed, and rebalanced skin that feels soft and looks beautiful.



# Our Well-being treatments (Face, Body) MOMENT D'EXCEPTION

174 euros  
Per Pers

## CBD Sleep Therapy 90 min

**A de-stressing, smoothing and re-harmonising facial and back treatment combining a double CBD massage and energy points to relieve tension and promote restful sleep.**

**Who is it for?** All stressed women and men, especially those with restless sleep and/or tension.

- Relieves tension and promotes restful sleep
- Moisturises, smoothes and reharmonises the skin

### Treatment Description:

Discover our ultimate wellness ritual to restore restful sleep and relieve tension. Start with a relaxing foot bath and concentrated emulsion inhalation, followed by a back massage stimulating nine key energy points. Next, immerse yourself in a cocooning facial treatment with the application of hot stones to areas of tension, deep cleansing and a personalised spray of Quintessence\*. Then enjoy a relaxing CBD Serum massage and a double application of masks for hydrated, revitalised skin. This complete ritual offers a luxurious interlude of well-being for a peaceful night's sleep and a soothed mind.

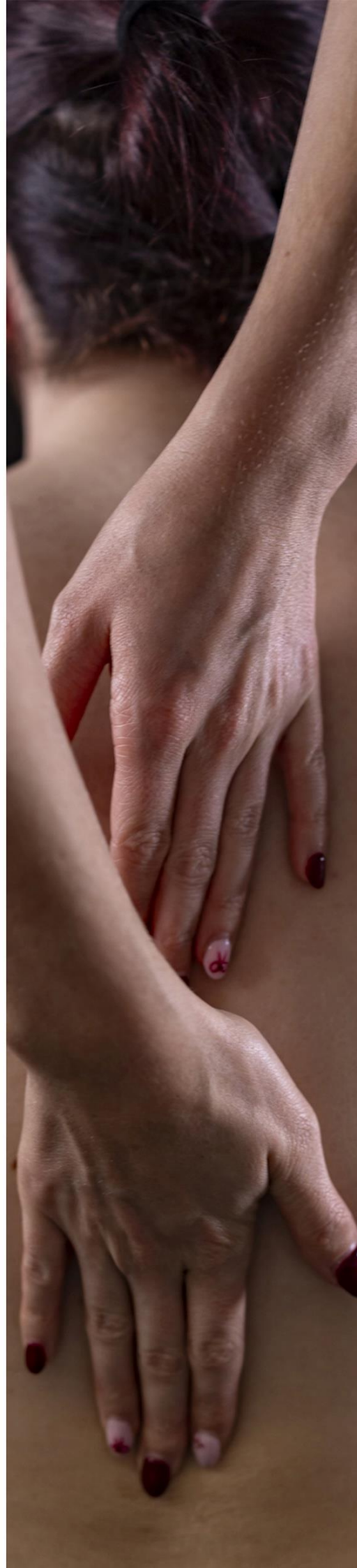
### Wellness benefit:

This treatment is a holistic wellness experience that nourishes both body and mind, offering a true escape and complete regeneration.

#### \*\*\*\*YON-KA quintessence essential oils:

5 essential oils :  
(lavender, geranium, rosemary, cypress, thyme),  
100% natural - 100% pure - 100% active.

This subtle blend has a number of benefits:  
revitalising, purifying, regenerating, astringent, soothing  
and rejuvenating.





# Discover **SLOWLY**

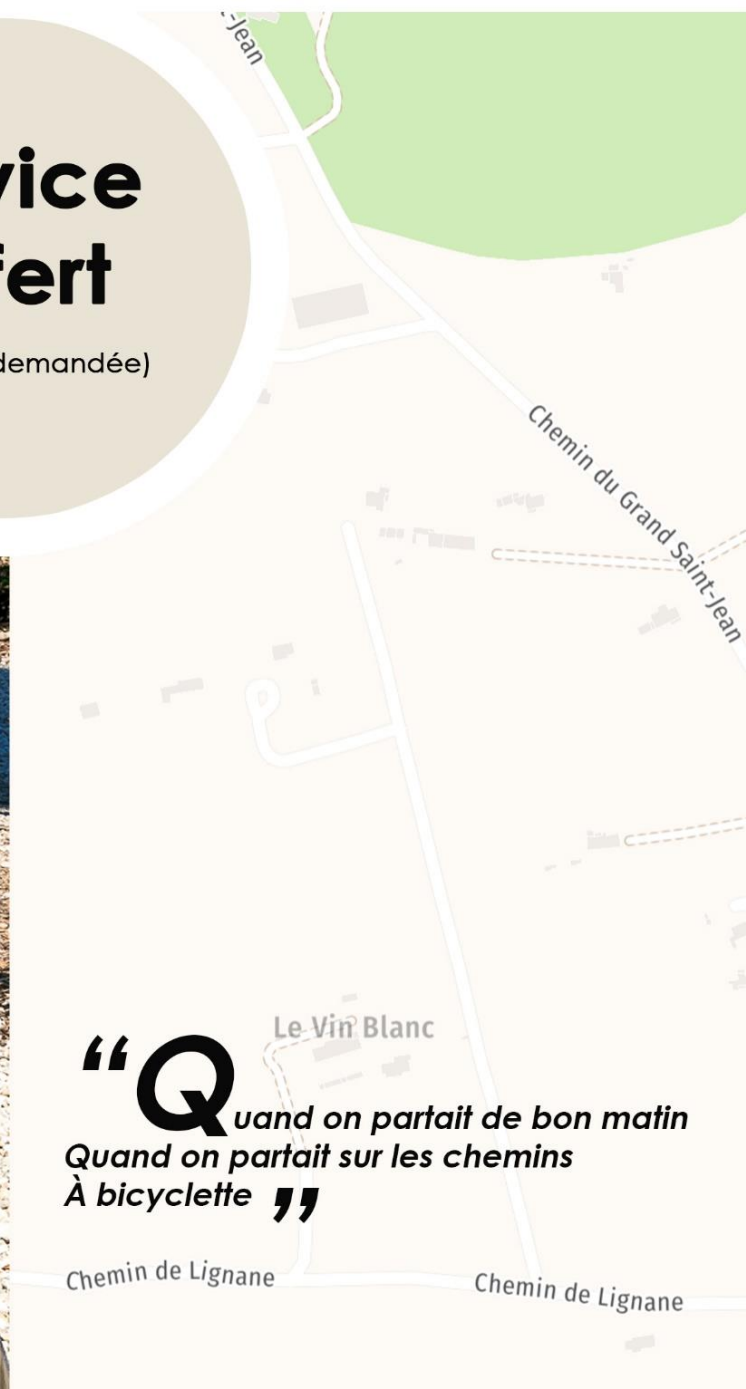
Take advantage of our electric bikes for breathtaking rides through the magnificent Aix countryside, with breathtaking views of the Mont Sainte-Victoire so dear to Paul Cézanne.

*'Quand on partait de bon matin  
Quand on partait sur les chemins  
À bicyclette'* (When we set  
off early in the morning).

## Service offert

(Caution demandée)

**“**Quand on partait de bon matin  
Quand on partait sur les chemins  
À bicyclette **”**





# Good TO KNOW



Airport transfer  
(round trip): **€85**



TGV Station (Aix-en-Provence)  
transfer  
(round trip): **€59**



We recommend arriving by  
car as there is no public  
transport in our countryside

**Secure on-site parking**



Free Ping Pong table



**Free Wi-Fi**





# See you soon **Thank you !**

**Thank you very much for choosing our establishment for your stay. We hope you had a wonderful time**

The satisfaction of our customers is at the heart of our concerns. The experience of our guests determines our choices, while respecting the values we hold dear: attention, kindness, sincerity and sharing. Our 'Maison de Famille' is a place dedicated to the art of living in the heart of Provence. We source the finest local produce and surround ourselves with the best talents to offer exceptional, made-to-measure services. We hope that, like us, you will fall in love with this jewel that is our charming estate in Aix-en-Provence, in this beautiful Provencal setting..

**The whole team wishes you a safe journey home.**

