



WATER AND WELLBEING IN BURGUNDY-FRANCHE-COMTE

Burgundy-Franche-Comté is a land of wellbeing and a haven of serenity. The wellbeing centres and spas invite guests to relax and offer a wide range of treatments to soothe the body and soul.

• ThermaSalina – wellbeing and relaxation in Salins-les-Bains

In the upper part of the town, the thermal centre covering 2,800m² and made of glass and wood has just opened its doors. The health and beauty area boasts high-end facilities that make the most of the thermal waters of this resort.

When it comes to wellbeing and beauty, you can delight in diving into a thermal pool with hydro massaging benches, relax in the Jacuzzi or even use the counter current pool. In the same vein, the establishment offers a hammam, sauna and caldarium, as well as seven beauty therapy rooms.

www.salins-les-bains.com

• Grand Hôtel Dijon la Cloche

This Dijon institution, listed as a Historic Monument, has enjoyed a make-over and been extended: rooms that are more spacious, new decor in the bar and the restaurant and a brand new 200m² wellbeing space beneath the stone vaults. Sporting this new design, La Cloche strikes a resolutely contemporary tone, but the spirit and the chic of this grand Burgundy establishment still endure.

www.hotel-lacloche.com

• Velleminfroy Water

Close to Luxeuil- Les- Bains, the source of Velleminfroy also boasts some remarkable benefits. To make the most of these, it is necessary to have a drink. When it was discovered by Dr Jacquez in 1828, he was certain that this source produced a mineral water that was both rich and well balanced: a very rare water indeed.

To be consumed without moderation, Velleminfroy Water is available at source, in the shops or on-line. It provides the perfect opportunity to enjoy a detox that is 100% natural!

The « Renaissance » space reveals the secrets of this water that is like no other.

www.eaumineralevelleminfroy.fr

• Les Cabanes des Grands Reflets

Nestling in the trees or swept along by the waters, Grands Reflets cabins are unique... and there are many of them. Lov'nids, cabins perched up high or floating along, with or without spa (Nordic bath), let everyone just what they need to unwind and enjoy life at the pace of nature. The lapping of the gentle waves on a pond, the beauty of the landscape, the restful silence...Everything comes together for a relaxing lovers' break.

www.cabanesdesgrandsreflets.com

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Source de Velleminfroy / Les Cabanes des grands reflets - Studio Chevojon

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