

MONTE-CARLO
SOCIÉTÉ DES BAINS DE MER



PRESS RELEASE

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Le Tigre Monte-Carlo, a new haven of wellness in a spectacular setting, on the edges of the fragrant pine forests of the Mediterranean

Monte-Carlo Beach opens its doors on 19 March 2019 to reveal a new, inspiring and revitalising wellness experience - Le Tigre Monte-Carlo. The resort's partnership with Le Tigre Yoga Club & Spa further underscores the luxury credentials of Monaco's most glamorous resort and its innate understanding of the needs of today's luxury traveller.

Le Tigre Monte-Carlo is designed to offer a platform where guests can reconnect with the elements. It will provide both space and time surrounded by the beauty of nature, enabling guests to find the path to a better, healthier more peaceful and joyful way of life.

The setting of Le Tigre Monte-Carlo is spectacular. The 80m²-spa area includes three treatment rooms is set under the warmth of the Mediterranean sun, on the edges of a fragrant pine forest, with amazing views over the azure waters below and set. A series of treatments are on offer and outdoor yoga.

- The Tiger Massage, one of the spa's signature treatments – is a powerful, beneficial treatment that promises to restore balance and energy and fully anchor both body and mind in the present.
- Yoga, meditation and Pilates classes take place in three practice areas – depending on the element that appeals to each guest. Choose from either the water's edge, the fringes of the fragrant pine forest, or in a covered area for a more private experience.
- Le Tigre's organic juice bar also invites guests to taste its own recipes.

The Le Tigre Yoga Monte-Carlo team comprises seven yoga teachers and certified practitioners. Individual coaching sessions will also be available.

Guests of Tigre Yoga Monte-Carlo can also take advantage of the Monte-Carlo Beach dining offer, which includes: the Michelin-starred, 100% organic Elsa restaurant; the La Vigie Lounge & Restaurant, which was completely redesigned and glorified in 2018; La Pizzeria and Le Deck, beside the hotel's legendary Olympic-size swimming pool.

A meeting of two worlds that share the same values

Monte-Carlo Beach has been an institution in Monaco since the 1930s. The villa, set right next to the sea, is both connected to the vibrant heart of Monaco and yet removed from the hustle and bustle of the world. Monte-Carlo Beach lives close to nature; delivering a luxury that is synonymous with wellness, serenity, and providing a calming place to stay for both its local and international clientèle. In this little paradise set between the sky and the sea, taking care of oneself and the environment is just part of the daily routine; Monte-Carlo Beach is certified as Green Globe Gold Standard and the hotel's restaurant, Elsa, was the first Michelin-starred restaurant to be certified as 100% organic by Ecocert – a first in Michelin-starred cuisine.

Le Tigre Yoga Club & Spa founder, Elodie Garamond, and her team, believe that to take care of oneself properly means taking care of both one's physical and emotional wellbeing. They have therefore created a series of spaces across France entirely devoted to personal fulfilment, where each guest can progress at his or her own pace towards connecting body, mind and breath, thus reconnecting with himself or herself once again. Each Tigre is an invitation to let go and completely relax body and mind, combining both gentle and dynamic disciplines, treatments and consultations. Today, the network has four clubs in Paris and four capsules from Deauville to Cassis with more than 200 experts who provide more than 650 group classes every week.

Practical information

The Le Tigre Monte-Carlo will open on 19 March 2019:

- The spa will be available immediately, as well as some yoga classes
- From May to September, four classes a day will be offered

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About Monte-Carlo Société des Bains de Mer

Since 1863, Monte-Carlo Société des Bains de Mer has been offering a unique Art of Living, a one-of-a-kind resort with four casinos, including the prestigious Casino de Monte-Carlo, four hotels (Hôtel de Paris Monte-Carlo, Hôtel Hermitage Monte-Carlo, Monte-Carlo Beach, Monte-Carlo Bay Hotel & Resort), the Thermes Marins Monte-Carlo spa, dedicated to well-being and preventive health, 30 restaurants including five that together have seven Michelin Guide stars. A hub of night-life, the Group offers an incredible selection of events, including the Monte-Carlo Sporting Summer Festival and the Monte-Carlo Jazz Festival. At the end of 2018, Monte-Carlo Société des Bains de Mer is completing four years of transformation works dedicated to Hôtel de Paris Monte-Carlo and to the creation of a new district around Place du Casino, One Monte-Carlo, with luxury accommodation, shops, restaurants and a conference centre. The vision of Groupe Monte-Carlo Société des Bains de Mer for 2020 is to make Monte-Carlo the most exclusive experience in Europe.

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