

18-20
OCT
2024

1913

THE HOLISTIC
IMMERSION EXPERIENCE

IN CELEBRATION OF THE **1913** OPENING

1 EXCLUSIVE EVENT
9 HOLISTIC EXPERIENCES
13 EXCEPTIONAL SUITES



CARLTON CANNES

1913

EXCLUSIVE
EVENT





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EXCLUSIVE EVENT

In celebration of the Carlton's founding in 1913, symbolizing 'Free Man', and its grand renaissance in 2023 a century later, we invite you to embark on an iconic holistic journey embracing the elements of sea, air, earth, water, beach, and sun. This event offers a harmonious fusion of sophistication, wellness, and luxury amidst the enchanting backdrop of the French Riviera.

1913

HOLISTIC
EXPERIENCES



1913

HOLISTIC EXPERIENCES

Immerse yourself in 9 meticulously curated experiences

where the rhythmic cadence of the sea accompanies

SUNRISE YOGA AT THE BEACH CLUB

the invigorating properties of water infiltrates

AQUA GYM IN THE CARLTON SWIMMING POOL

the warmth of the sun envelopes

PILATES ON THE PENTHOUSE ROOFTOP

deepen your strength at the

C CLUB FITNESS

ground yourself in the serenity of the earth with

STRETCHING IN THE CARLTON GARDENS

get to know your own body with a private

3D SCAN AND A PERSONALIZED CONSULTATION

surrender to the healing virtues of

CRYOTHERAPY AT THE C CLUB FITNESS

elevate your

PERSONAL DEVELOPMENT AT THE PENTHOUSE SUITE

let the gentle breeze conclude your day with a

MINDFUL SUNSET RELAXATION ON THE BEACH CLUB PONTOON



1913

EXCEPTIONAL
SUITES



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EXCEPTIONAL SUITES

With each element carefully woven into our offerings, we invite you to reconnect with nature, rejuvenate your spirit, and rediscover the essence of well-being from the comfort of 13 exceptional suites exclusive to the event. The Carlton Cannes awaits to guide you on a journey of transformation and renewal.

JOIN US IN CELEBRATING HISTORY, REJUVENATION, AND THE PURSUIT OF HOLISTIC WELL-BEING AT THE CARLTON CANNES

SCHEDULE DAY 1

(Friday 18 October)

Until 16.00

Check in (13.30-16.00)

14.00-16.45

3D scan

Cryotherapy

16.45-18.00

Welcome drink with introduction at the Bar°58

18.30-19.30

Sunset Yoga at the Carlton Beach Club

20.00

Dinner at the Rüya Restaurant



CARLTON CANNES

SCHEDULE DAY 2

(Saturday 19 October)

AM

9.00

Breakfast

9.30-10.30

Morning Yoga at the Carlton Beach Club

11.00-12.00 (options)

Body Scan

Cryotherapy

Personal Development Practices
at the Penthouse

Le C Club Fitness access

12.30-13.30

Lunch at the Carlton Beach Club

PM

14.00-16.00 (rotation)

Aqua Gym at the swimming pool

Stretching in the garden

3D Scan

Cryotherapy

Le C Club Fitness access

16.15-18.15 (rotation)

Aqua Gym at the swimming pool

Stretching in the garden

3D scan

Cryotherapy

Le C Club Fitness access

18.45-19.30

Self Development & Self Awareness
at the Penthouse

20.00

Dinner at the Riviera Restaurant



CARLTON CANNES

SCHEDULE DAY 3

(Sunday 20 October)

AM

07.30-08.00

Sunrise Mindfulness Practice
Carlton Beach Club pontoon

08.15-09.30

Breakfast

10.00-11.00

Body Fusion
Garden

12.00-13.30

Lunch and Learn
“How to Supplement
for Optimal Result”

PM

14.00-16.00

3D scan
Cryotherapy
Le C Club Fitness access

16.00

Check Out



1913



Price:

from €1,913 per person per night

Reservation:

carlton-reservations@ihg.com



CARLTON CANNES



SUGGESTED ADD-ONS

Le C Club Fitness

Personal Consultation

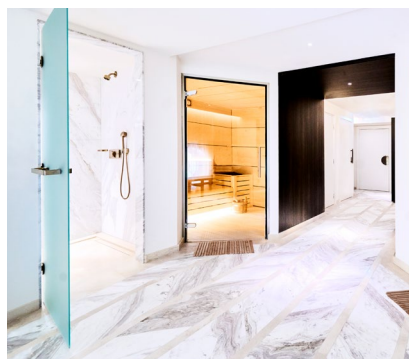
Personal Trainer session

Private boxing session

Nutritionist follow-up package

Personal supplement consultation

For local guests: Discount on yearly membership fee



Le C Club Spa

Treatments

The Carlton Bedrooms

Staying an extra night (from Thursday or until Monday)

Early Check-In from 10am

Late Check-Out until 6pm

Upgrade your room



CARLTON CANNES



SUGGESTED ADD-ONS

AF Coaching

Personal Consultation

Personal Life Coaching Session

Personal Hypnosis Session

Personal Therapeutic Coaching Session

Personal Coaching Session Package



Get Me Lost Concierge Service

Private Jet to/from Cote d'Azur

Helicopter to/from Cannes

Private airport pickup and return



CARLTON CANNES

THE CARLTON 1913 HOLISTIC IMMERSION EXPERIENCE

CREATED BY

SARA SERENANDER
TRAVEL CONCIERGE

ANNE-FABIENNE RAVEN
HEALTH & WELLBEING COACH



CARLTON CANNES