WELLBEING / BEAUTY / MIND / INTERNATIONAL / TRAVEL

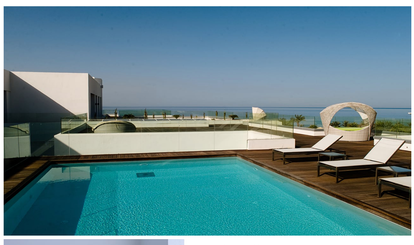
AN INSIDER'S STORY - TUNISIAN ESCAPADE...

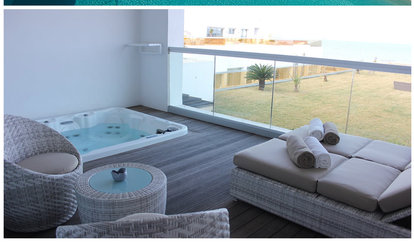
My "coup de coeur" in Monastir, with Alain Tholl from L'Enclos.

There are destinations that truly delight in the spirit of "Autumn Sun, Winter Sun."
What could be better in October, in November, than enjoying generous, gentle sunshine, water still warm from summer, and therefore ever-so-soothing?
For this, I set my sights on Tunisia, specifically Monastir, about a two-hour flight from Brussels—a destination that, for me, exudes friendliness.

A genuine favorite, but above all, a touch of "well-being," for both the mind and the body.
Off to the 5-star Royal Thalassa Monastir Hotel and Spa... I decide to create my own "Total Pleasure" package—yes, that's what I call this adventure.
Upon arrival, I am welcomed like a VIP, with all the considerations extended to each guest in this place.

I am escorted by a bellboy to a suite designed in a contemporary and minimalist style, with a large sea-view terrace that promises beautiful perspectives.





Here, relaxation and lounge areas coexist, featuring a private jacuzzi for moments of unwinding in warm and soothing bubbles.
And what about the culinary pleasures?
I opt for à la carte dining at "A la Voile," the beachfront restaurant where I indulge in delicious grilled fish and seafood accompanied by salads prepared with a secret touch, where flavors and colors compete fiercely.

For dinner, it's at the Le Mona restaurant where the chef presents a variety of local and international dishes that have the power to delight the taste buds.
After the meal, in one of the relaxation lounges, I find myself daydreaming over mint tea, skillfully brewed and served.

Seven days in this exceptional place have left me eager to experience and discover everything it has to offer.
It's worth noting that Tunisia is the second most popular destination for thalassotherapy after France. So, every day, I explore, test, and appreciate the treatments provided by professionals.
For example, the manual effusion massage (a 50-minute massage where warm water and essential oils gently blend over the entire body) and the muscular treatment using hot stones strategically placed where our bodies sometimes falter, followed by a gentle and caressing massage with hot pouches filled with therapeutic herbs.

Unthinkable for me not to indulge in a hammam followed by a scrub with a horsehair glove and black soap, performed energetically, leaving you feeling revitalized with a purified and irresistibly soft skin. And then, there's the beneficial marine journey with its jets massaging and penetrating you from head to toe in efficiently heated seawater containing all the essential trace elements for well-being—a pure joy.
I couldn't leave this country, this corner of Tunisia, without visiting the Medina of Monastir, a haven of culinary and artisanal discoveries.
There, you explore and haggle for local products, fresh dates, red peppers processed into soft paste, not to mention their enticing little pastries bursting with honey and almonds—a true delight.
This adventure at the Royal Thalassa Monastir, which my body will remember for a long time, was pleasant in more ways than one, starting from the check-in counter of the ***Nouvelair airline***

Departing from the airports of Brussels and Lille, which serve Monastir, Tunis, and Djerba, it offers service, punctuality, both on the way there and back, and an impeccable cabin crew.
All these niceties make you a happy person who starts their vacation on a positive note—indeed, it's a plus for me, as vacations begin upon arrival at the airport.

Readers of Luxury Brussels, I invite you to savor and enjoy but also to simply live, like me, everything that this magical place filled with attention and gentleness so generously offers—which is sometimes much needed in these troubled times.

Hotel Royal Monastir > ***go to website***

Airline NouvelAir > ***go to website and book your seat to Tunisia!***

INSIDERS STORY TRAVEL EXPERT TALKS

Alain Tholl de l'Enclos

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