

Do you need a spot of pampering? Give your body and mind a well-deserved Spring treat out in the open air in Franche-Comté. With its fresh country air and water, the region offers no shortage of healthy springs. Whether you're looking for fitness, relaxation or beauty care, enjoy a healthy break between the Haute-Saône and the Jura with special made-to-measure care in one of the area's excellent thermal spas.



## LUXEUIL-LES-BAINS... THE THERMAL SPA STAR!

Located near the famous Mille Etangs plateau, Luxeuil-les-Bains bids you a warm welcome in every sense of the word.

The town's hot water springs, which have been renowned for their benefits since ancient times, are rich in trace minerals and encourage blood flow. The temperature of the springs varies between 48 and 58°! Today, at the site of the Gallo Roman baths behind an attractive pink sandstone facade dating from the 18<sup>th</sup> century, the renovated thermal spa centre also proposes a wide range of treatments. A large, brightly lit swimming pool looks out across the grounds. The pool alone is an amazing source of relaxation...

[FIND OUT MORE](#)  
(french website)



### LUXEUIL-LES-BAINS TAKES GOOD CARE OF YOU



2 days / 1 night

FROM  
**€140**  
/PERSON

With its Turkish baths, Jacuzzi and whirlpool bath, all the benefits of aquatherapy await you here.

You will be staying in a two-star hotel just a stone's throw from the thermal spa, but also from the casino, the cinemas and the town centre. Relaxation for both your body and mind!

[FIND OUT MORE](#)

## THE JURA... THE SALT OF THE EARTH!

Situated between vineyards and mountains, Lons-le-Saunier and Salins-les-Bains welcome you for a stay as a couple or a family, combining health, cultural heritage, nature and relaxation.

Once a major source of income for the whole region, salt, the Jura's "white gold", is today a source of health and beauty for a relaxing break. In addition to the benefits of spa treatments, there are a number of treasures to be discovered: the salt works of Salins-les-Bains are listed as a UNESCO World Heritage. For its part Lons-le-Saunier, the hometown of Rouget-de-Lisle, boasts a picturesque and lively town centre!

[FIND OUT MORE](#)  
(french website)



### FITNESS IN THE JURA



2 days / 1 night

FROM  
**€105**  
/PERSON

Whirlpool bath, body massage, access to the Lédonia thermal spa area or Salins-les-Bains, according to your chosen destination. The high salt content of the water is perfect for helping you get back in shape!

[FIND OUT MORE](#)

The delights contained in this e-letter were chosen for you by Anne Chauveau, a journalist in Franche-Comté. She recommends them to you as heartily as she would to her friends.

## DELIGHTS

### A LIVING MUSEUM IN THE HOME REGION OF THE FOUGEROLLES CHERRY

We are located in a border region known as the Vôge, where a genuine treasure is grown -- or rather thousands of treasures, in the form of the delicious cherries from which the famous Fougerolles Kirsch cherry brandy is produced. Kirsch, but much more too! Take it from us; a tasty scarlet treat awaits you at the Living Museum (Ecomusée).

[FIND OUT MORE](#)



### THE HOUSE OF PELEN



The House of Pelen is an important part of the region; its Ecureuil is doubtless one of the most delicious treats you'll ever savour! Since 1899 and for 4 generations, this master chocolate maker and confectioner has been delighting the taste buds of its fans in the Jura... and worldwide.

[FIND OUT MORE](#)  
(french website)

## ORDER THE NEW FRANCHE-COMTÉ MAGAZINE

LOTS OF IDEAS AND INFORMATION FOR YOUR TRIP IN OUR NEW 2011-2012 MAGAZINE!

[CLICK HERE](#)



TO ASSIST YOU IN YOUR SEARCH FOR SHORT BREAKS, CONTACT OUR ADVISORS ON: **N° Universel 00 800 2006 2010**

FREEPHONE NUMBER

[SEE PREVIOUS E-LETTERS](#)

