

MONACO

The Grimaldis:
a photographic family

ART & CULTURE

Open air soirées
on the Côte d'Azur

CANNES

Cate Blanchett presides
at the Film Festival

SPORT

Grand Prix season:
Monaco & Le Castellet

RIVIERA

INSIDER

see more, do more, know more

SPECIALS

HEALTH & WELLNESS

LEGACIES OF WELL-BEING

VALBONNE

A focus on this
500-year-old town

28055-178-F : 4,90€



178

MAY / JUNE 2018
4,90 €



VALMONT IN THE VAR

AN ORGANIC UNIVERSE

I which ope
fresh fruit

industry for almost 20 years. "Our founders, Martine and Naji Achy, have been involved with organic produce for the last three decades," explains Bio & Co. general director Eric Beroud, "and came respectively from human resources and chefing backgrounds. You can see these roots in the ethos of each of our stores (Aix-en-Provence, Toulon, Bouc-Bel-Air, Marseille, Vallauris and Aubagne, which opened in mid-April). We work on a very human scale and with a great respect for the products we sell. Many of us, myself included, came to the company from *grande distribution* - mass retail - and are rediscovering the pleasures of working within a small team, even if there are over 100 of us!"

The independent retailer officially opened its first store, in the Aix neighbourhood of Les Milles, in 2000. The Vallauris store was launched in 2017 and is one of the largest at 1,300m2. It contains a grocery shop, butcher's counter, cosmetic and health area, and a bistro-restaurant that serves lunches between 12pm and 4.30pm from Monday to Saturday. In total, there are over 12,000 individual products, with many leading, certified organic brands among them France and abroad. In the future, Eric hopes to d p the *traiteur* aspect branch out into fish. The com is also testing out an

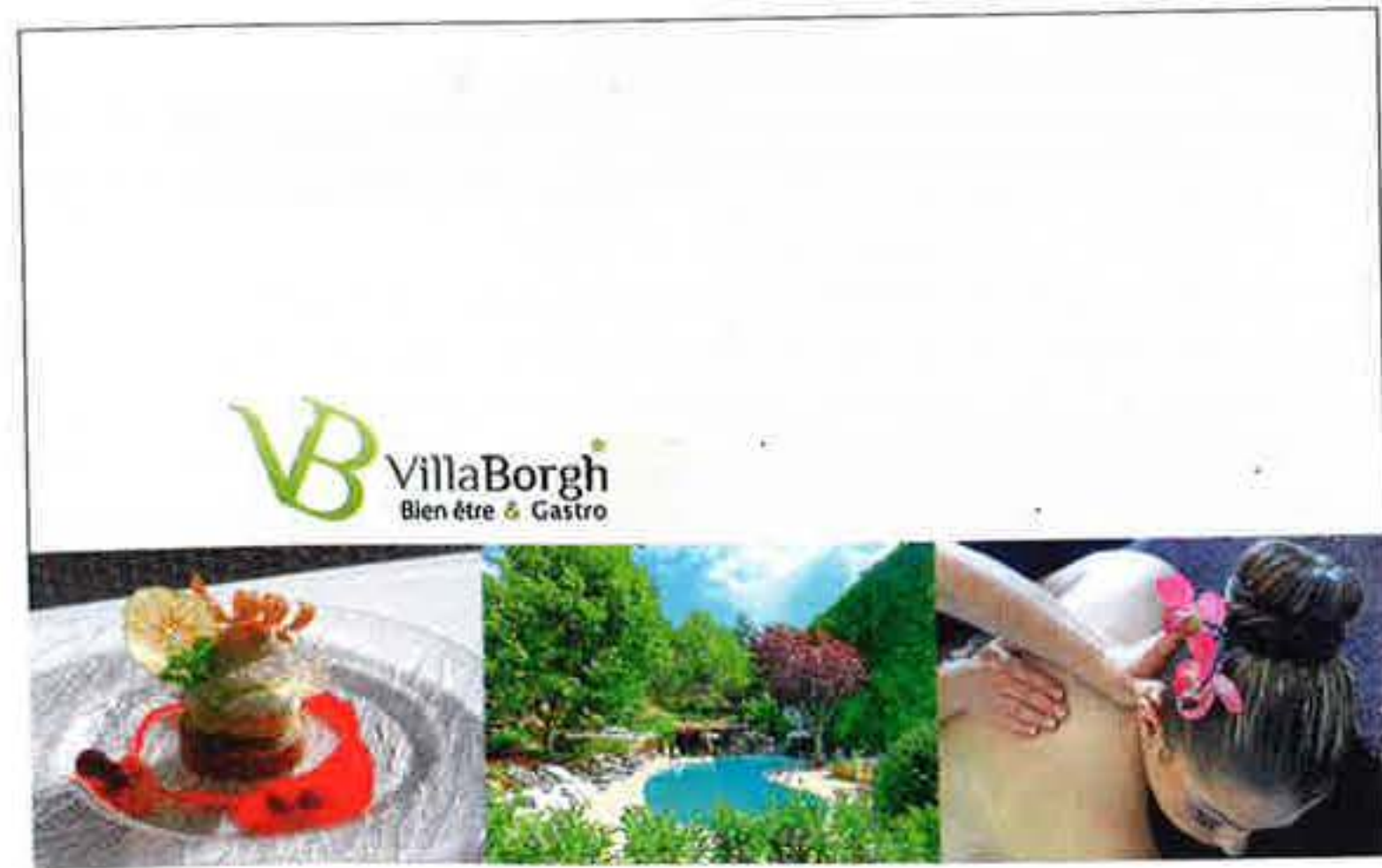
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e rganisa
the collect point to keep clients with any queries and questions. Being able to respond correctly and efficiently to all organic-related issues is paramount to Bio & Co., which invests heavily in training for its employees. "We aim to maintain 1,000 hours of training each year," explains Eric, "so an average of 10 hours for each staff member. We also have specialists on-site, such as our nutritionist in Vallauris, who helps

T the he of the Var, d this spring the
Swiss auty and brand Valmont
innova 35,000m2 . Seven new treat

exchanges to allow for the elimination receptive to treatment'. The signature a for 90 minutes) incorporates a double double mask to restore radiance and toxins and make the skin mor high-end facial treatment (€24 n cleanse, double massage an uvenate the skin. Hydrated an

(€185 for 60 minutes or €225 for 90 minutes); Energy R :Vital of the
Glaciers (€185 for 60 minutes); Anti-Wrinkle & Firmne itual: aks of
Firmness (€185 for 60 minutes or €225 for 90 minutes) ir des aciers:
Reflection on a Frozen Lake (€90 for 45 minutes); and H epair: length

a two-day escape pac ge by Terre Blanche: the Harmony Retreat,
igned to 'balance the bo and mind'. Fitness - pilates, yoga or fit form
paired with a range of auty treatments and a detox menu served



VB VillaBorgh
Bien être & Gastro