

PRESS RELEASE

The World of Silence Anantara Plaza Nice Hotel Launches Freediving Experience

[Anantara Plaza Nice Hotel](#), a rejuvenated 19th century architectural jewel on Nice's boardwalk, invites travellers to leave behind scuba tanks as they explore beneath the waves with the new 'World of Silence' experience. Led by Arthur Guérin-Boëri, the legendary French freediver, 5 time world champion, world record holder, and star of the documentary film '[Sunny Boy](#)', this half-day freediving lesson is a different way to experience the French Riviera by escaping the noise, embracing the silence and redefining one's limits.

The day begins on the soft sands of Passable Beach in Saint-Jean-Cap-Ferrat, immediately to the east of the city of Nice, where breathwork and relaxation tutorials prepare divers for the underwater adventure that requires such skills as breath control, equalisation techniques and mindfulness through a method accessible to all, developed by Arthur Guerin-Boëri throughout his career as an athlete. After exploring the silent world beneath the waves under Arthur's expert guidance, swimmers will emerge with newfound confidence and a sense of achievement.

Back at the hotel, to counter the adrenaline rush of their aquatic adventure, guests can unwind with the Oceanic Bliss Ritual at Anantara Spa. Using Thalion's sea-inspired products, the multi-sensory treatment includes a fragrant scrub, a tailored massage and a nourishing body mask with a carefully calibrated blend of minerals, vitamins and amino acids.

"Although breath-holding is an important aspect of the experience, it's just one element of freediving. For me, it's mostly about connecting with the ocean's heartbeat," explained Arthur Guérin-Boëri. "As divers gain confidence to venture deeper and stay submerged for longer periods, they seamlessly blend into the underwater environment, creating truly magical encounters with marine life while minimising their impact."

The half-day '[World of Silence](#)' freediving experience starts from €1,400 per person, 1700€ for 2 people, with group dives of up to four people available. The Oceanic Bliss Spa treatment is an additional €220 per person. Rooms start from €350 per night. For more information about Anantara Plaza Nice Hotel, please visit <https://www.anantara.com/en/plaza-nice>.

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About Anantara Hotels & Resorts

A luxury hospitality brand for modern travellers, Anantara connects guests to genuine places, people and stories in the world's most exciting destinations. Anantara delivers heartfelt hospitality and curated experiences at its collection of over 50 hotels and resorts in cosmopolitan cities and exotic locales.



Anantara is part of global hospitality group Minor Hotels and a member of the GHA DISCOVERY loyalty programme.

Visit anantara.com for more information, and connect with Anantara on Facebook, Instagram, TikTok and YouTube.

About Minor Hotels

Minor Hotels is a global hospitality group operating over 540 hotels, resorts and residences in 56 countries, pursuing its vision of crafting a more passionate and interconnected world. As a hotel owner, operator and investor, Minor Hotels fulfils the needs and desires of today's global travellers through its diverse portfolio of eight hotel brands – Anantara, Avani, Elewana Collection, NH, NH Collection, nhow, Oaks and Tivoli – and a collection of related businesses. Minor Hotels is rapidly accelerating its global growth ambitions, aiming to add more than 200 hotels by the end of 2026.

Minor Hotels is a proud member of the Global Hotel Alliance (GHA), the world's largest alliance of independent hotel brands, and participates in the GHA DISCOVERY loyalty programme.

For more information, please visit minorhotels.com and connect with Minor Hotels on Facebook and LinkedIn.

For media enquiries, please contact PR Office:

Camilla Coburn Davis
Cluster Director of PR – Anantara Europe
cdavis@anantara.com

Guillaume Stalins
Marketing & Communication Manager – Anantara Plaza Nice Hotel
g.stalins@anantara-hotels.com