



Naturism at Le Sérignan Plage Nature

“Naturism is a way of life, allowing you to be at one with nature, communal nudity creates harmony, self-respect, respect for others and the environment.”

Official Naturism Definition edited by Sérignan Plage Nature in 1974 and adopted by the International Naturist Federation.

Nudity

You have chosen to spend your holidays in a naturist centre. Experience naturism with us, the **Sérignan Plage Nature** way:

Nudity is the base for a naturist life. Whilst on holiday with us at Sérignan Plage Nature, everyone must take part and practise **total nudity**.

Naturism is to be followed and respected by **all your family members and visitors**.

There will be no exceptions to this rule, barring weather conditions or rare physical characteristics.

Aquatic Areas

Nudity is compulsory at the Nature pool, the Balnéo Spa area during the morning sessions and at the beach. This rule is to be followed

without exception.

Bars-Restaurants / Entertainment evenings

During the daytime, enjoy a drink and a bite to eat in total nudity on the shaded terraces of Clos des Oliviers and at the Villa Patio area and around the Nature Pool and snack. For your evenings, an evening dress code is obliged especially for the live shows and entertainment.

Sports & activities

For the fitness program (Yoga, Stretching) for practical reasons, adapted sportswear is required. You can be naked whilst participating in the team sports on the beach and Aquagym classes at the Nature pool area.



Your nudity, with the respect and complicity of everyone feel free, serene!



Photos / Videos

The use of mobile telephones, tablet computers, cameras & videos is strictly forbidden in all communal areas, in particular, the aquatic areas.

Conduct & behaviour

In order to promote a healthy and respectful attitude towards naturism and a family environment, our holiday centre **will not condone and will take action against any form of voyeurism, exhibitionist behaviour** or any sexually ambiguous behaviour within the site or at the beach.

During the day, can I walk around the site dressed even on a warm day?

It is permitted to wear a sarong or a towel onsite, in particular at the Supermarket and at the Welcome Drink Meeting.

I will have my periods whilst on holiday...

You can use the appropriate invisible sanitary protection to be able to enjoy the Aquatic and bathing areas where being naked is compulsory. Elsewhere, you can wear a sarong /towel if you wish.

My gender is pierced...

It will be required to remove your piercing during your stay.

Why is that?

Piercing will draw attention to this part of the body. Naturism is a way of understanding the body as a whole object and dissociation between nudity and sexuality. Hence, why, lingerie, underwear and sexually provocative clothing are also not permitted.

Frequent Questions



My children/teenagers are not comfortable with being totally naked...

Our respect for communal nudity must harmonise with flexibility and understanding with regards to teenage prudency, apart from the aquatic and bathing areas where nudity is compulsory. In any case, please make sure, first and foremost, that other peoples nudity can be accepted by my child or teenager.



What about the Mini-Club?

Ideally, of course, is that children practise naturism together, but to insist that a child gets and stays undressed against his/her wishes is not part of our naturism holiday spirit. Most of the time, children bring a towel with them and cover themselves when they feel they want that.

When I'm cold, do I still have to be completely naked?

No, of course not: in the low season, temperatures can still be fresh in the mornings and evenings. The point of a naturism holiday is to feel comfortable in all weathers.

I share these naturist values and this is why I choose to spend my holidays at the **Sérignan Plage Nature.**

