

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 Le Sérignan Plage Nature in 1974
and adopted by the international Naturist Federation*

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

Nudity

Whilst on holiday with us at Sérignan Plage Nature, everyone must take part and practise total nudity, 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.

*A serene nudity lives
in the respect of all!*



Photos / videos

The use of mobile telephones, tablet computers, cameras & video recorders is strictly forbidden in all communal areas, in particular, in 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 on the beach.

Aquatic Areas

Nudity is compulsory and without exception at the Nature swimming pool, the Balnéo Spa area during the morning sessions and on the naturist beach.

Bars-Restaurants / Entertainment evenings

During the daytime, enjoy a drink and a bite to eat in total nudity on the shaded terraces of le clos des oliviers, at the Villa patio area, around the Nature pool and snack. For your evenings, a 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 team sports on the beach and aquagym classes at the Nature pool.



Frequently asked questions



→ During the day, can I walk around the site dressed?

Tolerated; the wearing of a sarong or a towel for example at the supermarket.

→ 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 or towel if you wish.

→ Pierced gender...

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

Why is that ?

Piercings will draw attention to this part of the body. Hence, why lingerie, underwear and sexually provocative clothing are also not permitted.

→ When I am 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 and you may dress.



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

Our respect for communal nudity must harmonise with flexibility and being sympathetic towards the feelings of teenage prudency, apart from the aquatic and bathing areas where nudity is compulsory.

Above all, it is important to make sure that your child or teenager can accept other people's nudity.

→ What about the Mini-Club?

Ideally, of course, children practise naturism together, but we will not demand that a child stays undressed against his/her wishes, as it is not part of our naturism holiday spirit.

Most of the time, children bring a towel with them and cover themselves when they feel like it.

I share the naturist values described above
This is why I chose to spend my holidays at Sérignan Plage Nature.

