



Reflexology

Thaïplantar Reflexology



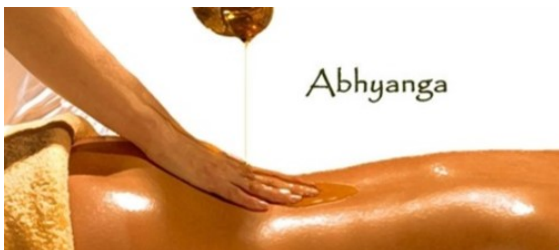
Foot massage to knees by stimulation of the reflex zones. It brings relaxation and revitalization of the body.

1h: 55€

Wellness massages *

Ayurvédique Indien Abhyanga: Full body massage with warm oil.

Relaxes, harmonizes and reinforces vitality and physical strength. Eliminates stress, fatigue and calms the nervous system. Massaged from head to toe, you relax deeply. Hot oil on the body brings a unique sensation of well-being. Tonic or sweet according to everyone's needs but always deep. The stress goes away, muscles relax, the energy circulates.



1h: 55€ 1h 30: 70€

Aroma: Warm-oil body massage that combines a mix of Californian and Swedish massage. Relaxes and detoxifies the body. Depending on your desires and needs, it will be added an essential oil to the massage oil.

1h: 55€ 1h 30: 70€

Duo massage: Enjoy a moment of well-being for two. Choice of massages (except bowl Kansu and according to availability of practitioners in wellness massages)

1h: 120€ 1h 30: 150€

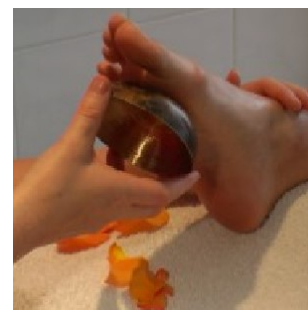


Bamboo: Perfect for reshaping silhouettes, Bamboo massage will reduce muscle pressure and tensions caused by stress or fatigue. Draining and toning, this massage is an alternation of fluid, gentle and firm manoeuvres, performed with hands and bamboo.

1h: 55€

Kansu: Foot massage practiced with hands, than with a special bowl made of an alloy of 5 metals and ghee (clarified butter). It stimulates reflex areas of the body, regulates sleep and relaxes deeply. Feet are massaged with softness sometimes and with firmness other times. The KANSU bowl is gently placed on the sole of the feet. It alternates friction, pressure, circles, and infinity. It brings a relaxation so deep that it leads to the limits of falling asleep.

1h: 55€



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**Wellness massages offered don't replace medical care, or those of a physiotherapist.*