

WELL-BEING MASSAGE

Take a break and enjoy a well-being massage with organic essential oils...

- Body exfoliation (0h20 : 40 €)

(Eliminates dead skin cells)

- Californian Massage (Relaxing – 1 hour : 70 €)

(A massage is the answer to your day to day problems, relaxing with essential oils. It provides relaxation, releases tension and expels stress for complete well-being)

- Reflexology (1 hour : 55 €)

(A gentle and manual acupressure technique used on the feet in order to release stress and tension, and produce a favourable state of relaxation. It improves the quality of sleep and digestion.)

- Indian Massage (dynamic - 1h : 70 €)

(A massage treatment to rebalance physical, psychological, mental and vital energy. It revitalises and boosts metabolism.)

- Chinese Massage (energetic - 1h : 70 €)

(A massage treatment which aims to re-establish the flow of energy in the body: it improves blood and lymphatic circulation, the nervous system, muscles, joints, and vital and general energy.)

- "Zen" Stopover (1h30 : 95 €)

(Body exfoliation and Californian massage)

- "Well-being" Stopover (2h : 105 €)

(Sauna + body exfoliation + energetic massage)