

Rates for Massages & Cares

Sauna & fitness access : 12€ / person

REIKI (50 MINUTES - 90€)

Balances the body and the spirit. Natural method acting on physical, mental and spiritual levels. Strengthens vitality and releases energy blockages. Reiki stimulates relaxation, peace, serenity and deep joy.

BACK OR LEGS MASSAGE (30 MINUTES - 50€)

A back massage improves posture, relieves tension and encourages good sleep.
A leg massage allows you to relax and relieve heavy legs.

FACE MASSAGE (50 MINUTES - 90€)

An anti-aging treatment that improves the skin tone for a rejuvenated face, with a visible reduction in fine lines and wrinkles.
The face massage relaxes the muscles by erasing tension and stress.

PLANTAR REFLEXOLOGY (50 MINUTES - 90€)

Energizes the body, harmonizes vital functions, releases stress and nervous tension, relieves back pain and many other aches, improves blood circulation, brings peace and calm, and relaxes muscles. Brings a mental relaxation and the evacuation of negative emotions.

AYURVEDIC MASSAGE "ABHYANGA" (50 MINUTES - 90€)

With sesame oil, massage that rebalances and harmonizes the vital energy.

SLIMMING MASSAGE (50 MINUTES - 90€)

An energetic and vigorous technique that aims to reduce orange peel skin. The kneading-rolling and the purging maneuvers will allow you to refine your silhouette of your thighs, hips, buttocks and stomach. The slimming massage is practiced as a "cure" and is combined with a balanced diet and sports activity.

Prior reservation is required, subject to availability