

Warm Almond Oil Massage

Sun, cold or limescale in tap water can dry skin and warm almond oil will nourish and hydrate your skin.

Sweet almond oil is known to be very nourishing.

The sweet almond oil helps to fight against the aging of the skin, improves its barrier function as well as its microcirculation, protects it against the action of UV and softens it.

Similarly, it helps to rebuild its lipid film, has antiviral, antifungal and anti-inflammatory properties. Finally, it improves digestive and intestinal functions and helps fight against bad cholesterol.

Massage of the head & feet

Let yourself be surprised by this fabulous massage, hands, feet, head and face.

This massage from head to toe is pure happiness. It varies different techniques to allow a complete escape, without massaging the whole body.

This reflex and nerve massage will relieve the whole body and ensure relaxation and rest.

Thai Massage or Lazy Yogi Massage

Inspired by Yoga, this massage (Nuad Bo'Rarn) is practiced elongated, dressed in soft clothing. It consists of concatenations, gentle stretching, mobilisations, pressures on particular points of the meridians.

The benefits of this massage are immediate: it releases muscle tension, circulates blood, energy ... A Thai massage to replace your yoga session, what do you think?

Deep Tissue Massage

A set of specific techniques of deep massage. Slowly and with a great depth of action on the muscles and deep tissue, this massage relaxes tension and reduces pain and inflammation, so that the muscles regain their flexibility.

It is ideal for athletes, but also for people who suffer from chronic pain.

This approach is particularly effective for chronic stress and contracture-prone areas (neck, shoulders, lower back).

Sportsmassage

Whatever your sport, this massage focuses on the muscles required to recover faster after training.

It improves your hobbies by increasing circulation and strengthening your immune system in general.

½ hour 65.-

1 hour 130.-

1 ½ hour 195.-