

MASSAGE MENU

30 minutes at 70€
60 minutes at 120€
90 minutes at 170€

FULL-BODY MASSAGE

CALIFORNIAN (RELAXING AND ALL-ENCOMPASSING)

Characterized by long, flowing, and enveloping movements, the intensity of this massage is tailored to your body's sensitivity

AVAILABLE FROM THE 4TH MONTH OF PREGNANCY

Stimulating muscle and joint function, this massage aims to improve circulation and relieve the fatigue of the expectant mother

THAI OIL MASSAGE OR NUAD NAMAN (DEEP AND RELAXING)

Working deeply on the muscles, Nuad Naman is a combination of fluid movements and deep pressure on the energy lines, allowing for the rebalancing of the body and mind

DEEP TISSUE (DEEP TISSUE MASSAGE)

It works on tendons, ligaments, and fascia to relieve muscular tension at different layers.

PRENATAL MASSAGE

BODY MASSAGE (FROM THE 4TH MONTH OF PREGNANCY)

Stimulating muscle and joint function, this massage aims to improve circulation and relieve the fatigue of the expectant mother

THAI FOOT MASSAGE (Plantar Massage)

FOOT AND CALF MASSAGE

Relaxing and invigorating, it stimulates the reflex zones of the feet for immediate relaxation throughout the body.

SHIROTCHAMPI MASSAGE (Soothing and Detoxifying Indian Massage)

UPPER BACK, SCALP, AND FACE MASSAGE

Shoulders, neck, head, and face massage for relaxation and stress relief (30 min seated + 30 min lying down).

KODIBO

JAPANESE FACIAL MASSAGE

Stimulates and relaxes face and neck to prevent and reduce wrinkles. For relaxed, rejuvenated, plumped-up skin.

THERAPEUTIC REFLEXOLOGY

(FOOT REFLEXOLOGY SESSION)

A non-pharmacological approach for well-being, reflexology activates self-healing and rebalances the body.

Reservation at the front desk.

*Possibility of duo massage (minimum 60 minutes).
Feel free to ask for more information.*