

BODY



THE INTUITIVE

A fully customized massage incorporating various techniques (Relaxing, Shiatsu, Deep tissue, Reflexology, Lymphatic drainage, and energetic practices such as REIKI).

90€

110€

70 min - 90 min

THAI FOOT REFLEXOLOGY

A discipline that harmonizes the vital functions of your body through a massage of the reflex points on the foot.

75€

60 min

TRIGGER POINTS

A manual massage technique that involves slow and deep massage on painful points known as "trigger points."

90€

110€

70 min - 90 min

PRENATAL MASSAGE

Gentle strokes, friction, and pressure on the body to relieve accumulated tensions during pregnancy. Important reminder: massage is permitted from the 2nd trimester until the end of the 8th month of pregnancy.

90€

70 min

CUPPING & TRIGGER POINTS

This treatment aims to create a suction effect using silicone cups on tense "blocked" areas, promoting decongestion and mobility.

110€

140€

90 min - 120 min

FROM THE WORLD



THE ORIENTAL

Slow and enveloping to promote relaxation and letting go.

65€

60 min

THE BALINESE

Relaxing, alternating gentle Thai stretches and deep strokes.

65€

60 min

THE AYURVEDIC

Tonic and muscular, alternating rhythms to rejuvenate the body and mind.

65€

60 min

FACE



JAPANESE FACIAL MASSAGE

Inspired by an ancient Japanese ritual, this "anti-wrinkle" treatment acts as a true facelift for the face and neck.

100€

75 min

THE COMPLETE FACIAL

A complete relaxation and customized skincare ritual, tailored to your skin type. It unfolds in three main steps:

- 1. Cleansing and exfoliation*
- 2. Face, neck, and décolleté massage*
- 3. Mask (hand or scalp massage during the application)*
- 4. End-of-treatment ritual*

65€

60 min

NAIL CARE



HAND BEAUTY

25 min

25€

BEAUTE DES PIEDS

30 min

28€

CLASSIC NAIL POLISH

For a better finish, hand or foot beauty is recommended.

15€

SEMI-PERMANENT NAIL POLISH

Nail preparation included.

60 min

37€