

MASSAGES



ON APPOINTMENT +33 (0)7 70 43 84 61.
I SPEAK ONLY FRENCH. PLEASE ASK RECEPTION FOR TRANSLATIONS.
CASH PAYMENTS ONLY.

HEAD MASSAGE

« TÊTE DANS LES ÉTOILES »	20 MIN	25 €
« DÉTENTE »	30 MIN	35 €

WELLNESS MASSAGES

SWEDISH / CALIFORNIAN

BACK MASSAGE	30 MIN	35 €
BACK MASSAGE	60 MIN	59 €
WELLNESS PACK (HEAD, NECK, HEAD, FACE, ARMS, HANDS)	40 MIN	43 €

INDIAN

AYURVEDIC MASSAGE	60 MIN	59 €
AYURVEDIC MASSAGE - PREGNANT WOMAN	70 MIN	65 €

JAPANESE

AMMA SHIATSU MASSAGE	20MIN	25 €
ZEN SHIATSU (ON THE FLOOR)	30 MIN	35 €
PACK AMMA + HEAD MASSAGE	45 MIN	45 €

EGYPTIAN

QUEEN MASSAGE - BACK	60 MIN	59 €
QUEEN MASSAGE - BODY	90 MIN	85 €

DUO MASSAGES

DUO MASSAGES ONLY ON THURSDAYS	60 MIN	120 €
-----------------------------------	--------	-------

REIKI / LAHOCHI

REIKI DISCOVERY TREATMENT	45 MIN	50 €
REIKI TREATMENT	60 MIN	57 €
LAHOCHI TREATMENT	30 MIN	30 €
LAHOCHI TREATMENT	60 MIN	57 €
REIKI / LAHOCHI TREATMENT	70 MIN	65 €
CHILDREN UNDER 12 YEARS OLD	30 MIN	30 €

REIKI MASSAGES

HEAD MASSAGE + REIKI TREATMENT (20 MIN + 45 MIN)	65 MIN	60 €
CLEAR FELT MASSAGE (REIKI 40 MIN + BACK MASSAGE 20 MIN)	60 MIN	57 €

PACKAGES

5 MASSAGES PACK OF 60 MIN	275 €
10 MASSAGES PACK OF 60 MIN	530 €
5 REIKI SESSIONS PACKAGE	260 €
5 LAHOCHI SESSIONS PACKAGE	260 €

TRAINING

BABY MASSAGE TRAINING (NON-DIPLOMATIC TRAINING)	90 MIN	85 €
----------------------------------------------------	--------	------

WE KINDLY ASK YOU:

- TO TAKE A SHOWER RIGHT BEFORE THE MASSAGE. THERE IS A SANITARY BLOCK NEAR THE MASSAGE AREA.

- TO TAKE YOUR MASK WITH YOU, IT WILL BE ASKED WHEN YOU ARE LAYING ON YOUR BACK.

- TO BRING A TOWEL

PLEASE ARRANGE AN APPOINTMENT NOT LATER THAN THE DAY BEFORE. ANY MASSAGE NOT CANCELLED IN ADVANCE WILL BE CHARGED. SIRET: 81499484400011.

MASSAGES

CRANIAL WELL-BEING MASSAGE :

The cranial massage releases stress and tension. It has positive and recognized effects on the circulatory, lymphatic and immune systems of the body. By stimulating the scalp, it also remains an effective remedy against hair loss, making the hair more resistant.

WELLNESS BACK MASSAGE (WITH ORGANIC OILS):

I use different massage techniques: Shiatsu, Californian and Swedish. This massage combines deep and gentle rhythmic gestures and is very pleasant to receive. It ensures you a total relaxation of body and mind.

WELL-BEING MASSAGE OF THE BACK IN CLEAR FELT :

In clear felt massage, I guide you by identifying the source of some of your back pain. By combining different energetic massage techniques and the clear feeling, you will regain vitality, self-confidence, autonomy in your choices with more discernment and therefore more freedom.

AYURVEDIC WELL-BEING MASSAGE:

The 3 primordial Tridoshas moods (VATA, PITTA and KAPHA) With harmonious and/or stimulating gestures feel all the benefits of this Ayurvedic full body massage with Sesame oil and Indian Spices. This wellness massage will bring you in total relaxation with elimination of fatigue, regulation of the digestive system, improvement of blood circulation, strengthening of your immune system.

AYURVEDIC "PREGNANT WOMAN" WELLNESS MASSAGE:

Ayurvedic massage for pregnant women is part of a very ancient Indian culture.

This very enveloping full body massage with warm Sesame oil and Indian spices, from the feet to the scalp and up to the fingertips, on the back and then the belly ensures you an exceptional massage of absolute relaxation. This last one is practiced with fluid, soft, reassuring effleurages but also with frictions and soft stretches which harmonize and balance the body.

The benefits of this massage :

- Provides relaxation and well-being
- Softens the skin
- Reduces back and leg tensions
- Strengthens the bond between mother and baby
- Helps to live a good pregnancy
- Preparing for childbirth

ZEN SHIATSU:

Shiatsu which means "finger pressure" is a Japanese energy therapy that takes into account the well-being of the whole body and is practiced on the floor on a futon.

It consists of massaging the whole body by pressure on acupuncture points along the meridians using the hands, elbows and knees.

The benefits of Shiatsu

- Physical, psychological, emotional relaxation
- Regulation of the digestive, respiratory system.
- Reduction of joint pain etc...

"AMMA" (SEATED SHIATSU):

The "Amma sitting" massage received on an ergonomic chair is an energetic massage based on the principle of known Shiatsu techniques.

Its objective is to eliminate muscular tension, stress and pain caused by bad postures used in daily life and/or in our professional activity. By exercising a series of manoeuvres on specific points along the meridians, muscles and joints, it stimulates while allowing to reach a deep state of relaxation and well-being.

« QUEEN MASSAGE » (EGYPTIAN WELLNESS MASSAGE) :

The Egyptian Energetic Massage is a holistic massage that acts on the entire body. Discover this wonderful wellness massage technique with Organic and Essential Oils of Mimosa, Sandalwood, Jasmine and Rose Petals. Through smooth pressure movements and strokes on very specific areas of the body, this very complete massage allows you to relax deeply, while tonifying the whole body.

Its benefits:

- Regulation of minor or major imbalances in the body by eliminating toxins from the body.
- Elimination of muscular pain and nervous tension.
- Strengthens the immune system
- Makes the blood circulation fluid
- Calms stress and anxiety
- Rejuvenation of skin texture.

REIKI:

Reiki is a practice of universal magnetism "holistic" (derived from the Greek "holos" which means "in all its totality").

Reiki therefore acts on all levels of the being for healing: "Physical, Emotional, Psychological and Spiritual".

By laying hands on the body of the recipient, this universal natural self-healing system spreads to all parts of the body of the latter and thus helps him/her to free him/herself from certain blockages, to recharge, to balance on the physical, emotional and energetic levels.

REIKI WELLNESS MASSAGE:

Absolute relaxation with the combination of a wellness back massage with Organic Oils and an energetic rebalancing treatment using Reiki magnetism. Live a totally relaxing experience both physically and emotionally.

LAHOCHI :

LaHoChi is a spiritual healing energy with very high vibrational frequencies.

By opening your own channels you will become more and more competent and with this special simple healing technique and by the natural placement of its "seal of protection" around the healer and the receiver you will bring healing to all living beings of the mineral, plant and animal world.

NB: The Reiki and LaHoChi Techniques are complementary accompanying practices to improve the general health condition. They are not a substitute for conventional medicine and in no way replace medical treatments. They do not dispense with other alternative therapies such as osteopathy, aromatherapy, homeopathy, acupuncture etc...). And the practitioner never makes a diagnosis.

TRAINING

Non-diplomatic training in Shantala baby wellness massage:

A good way to help relaxation and an ideal way to promote communication.

The wellness massage is a privileged moment, during which parents are fully available for their child. A sort of enchanted interlude in a daily life that is too "fast" and does not always allow you to take a "break"!

The baby wellness massage training allows you to master a complete protocol of wellness massage to be practiced daily on your baby.

This Baby Wellness Massage Training Workshop can be done on an doll while pregnant or if you are already a parent you can learn how to massage your baby directly.

Learn how to massage without "making mistakes" (contraindications to baby wellness massage, the emotional aspect etc...) and thus strengthen the parent-child bond.