

BODY CARE DESCRIPTION

Our team of professional massage therapists offers therapeutic and relaxing massages with the option of combining several different approaches. Certified massage therapists can provide receipts for insurance purposes as required. They also offer specialised techniques that include Swedish, Shiatsu, Sports, Californian, Esalen and Thai massages, Reflexology and massages for pregnant women. These specialised massages are offered upon request and depending on massage therapist availability.

Relaxation or Swedish massage

Swedish massage is performed using natural oils. This technique relieves tension in the body leading to profound relaxation. It works on muscles, as well as on the circulatory and nervous systems. A Swedish massage can be both relaxing and therapeutic. If you prefer, our massage therapist can use a milk and honey moisturizing butter for your massage.

Hot stones massage

Hot volcanic rocks warm muscles, dissolve tension, soothe aches and improve blood circulation. Relaxation guaranteed!

Hot shells massage

A relaxing massage carried out using authentic South Pacific Tiger Clam shells. The shells are warmed by infusing them with a natural and biodegradable mixture. This massage leads to profound relaxation as it calms the central nervous system, relaxes muscles and increases circulation.

Shiatsu

This Asian massage is performed on the floor, fully clothed. It aims to harmonize the energetic system by applying pressure to specific points situated along the meridian system.

Reflexologie

By applying pressure on specific points on the hands and/or on the base of the feet, reflexology stimulates reflex zones associated with the body's various organs and glands.

Four hands massage

The purpose of this massage, performed by two massage therapists working as a team, is relaxation and improved circulation.

Thai massage

This type of massage is performed on the floor, fully clothed. Gentle pressure is applied to specific points, while physical stretches based on yoga free the body of energy blockages and muscular tension.

Pregnant woman massage

Carried out on a table or in a chair, massage during pregnancy is adapted to the physiological changes associated with pregnancy. This type of massage helps to soothe aches and pains and relieve muscular tension. (Clients must have completed a minimum of 12 weeks of their pregnancy.)

Body Scrubs

This technique frees the body of dead skin cells, eliminates rough skin and improves the efficiency of subsequent procedures.

Detoxifying seaweed focus care

Eliminates toxins, soothes muscle and joint pain and helps in the treatment of cellulite.

Full body exfoliation is followed by the application of a warm algae paste covering the entire body. The client is then swathed in a plastic wrap and heating blanket to promote vasodilation and massive penetration of healthy components into his or her organism. The treatment is completed with a shower followed by full body moisturising. The procedure results in a general feeling of relaxation and helps in remineralisation, all the while increasing energy levels.

Clay and pet med care

Helps to soothe arthritis, degenerative osteoarthritis and muscle pain.

Full body exfoliation is followed by the application of a combination of hot mud and green clay over the entire body. The client is then swathed in a plastic wrap and heating blanket to promote vasodilation and massive penetration of healthy components into his or her organism. The treatment is completed with a shower followed by full body moisturising.

Chocolat body wraps

Relaxes, hydrates, stimulates the central nervous system and tones up muscles.

Full body exfoliation is followed by the application of a chocolate compound over the entire body. The client is then swathed in a plastic wrap and a heating blanket to promote compound penetration. The treatment is completed with a shower followed by full body moisturising.

Aromatic mango care

Moisturises, regenerates and firms up the skin, procuring a deep sensation of relaxation with the aroma of mangoes and citrus.

Full body exfoliation, body modelling (massage), followed by the application of a mango and citrus body mask. The client is then swathed in a plastic wrap, to promote the penetration of the product, and covered by a heating blanket. The treatment is completed with a shower.

Heavy leg treatment

Sequential massage by inflatable boots promotes beneficial lymphatic draining. The treatment is accompanied by the application of a specially formulated cream to soothe tired legs.

Foot/hand care

This foot or hand relaxation includes exfoliation and massage, followed by a moisturising foot mask.

Pedicure

This treatment includes soaking the feet, filing and callus removal, exfoliation and massage, followed by a moisturising mint foot mask and the application of nail polish.

Manicure

This hand beauty treatment includes filing and cuticle reduction, exfoliation and massage followed by a moisturising hand mask and the application of nail polish.

Facial

Face treatment is adapted to your skin type. This treatment includes a cleaning, exfoliation, blackhead extraction, massage and mask. Moisturising tailored to your skin's requirements completes the treatment.

Facial care

This relaxing facial treatment includes cleaning, exfoliation, massage and mask. Moisturising tailored to your skin's requirements completes the procedure.