

Give yourself a moment of well-being and deep relaxation through two body relaxation techniques



Plantar reflexology



This massage will stimulate specific reflex areas located in the foot. It will reduce your stress by allowing a re harmonizing of your body.

Provide a 60 min session including :

- ☺ Jacuzzi 10 min
- ☺ Installation and preparation to the massage 10 min
- ☺ Massage 30 min
- ☺ Awakening phase 10 min

Price : 35 €

Enjoy these movements which are round and enveloping, these gestures fluids of effleurage, movements of relaxation, pressure, gentle movements and variations of its rhythm. It will allow a deep letting go, release tensions recording in your body.



Provide a 60 min session including enant :

- ☺ Jacuzzi 10 min
- ☺ Installation and preparation to the massage 10 min
- ☺ Massage de 60 min
- ☺ Awaking phase 10 min

Price : 45 €