

PARTNER - Les Mains d'Hana

PARTNER - Nomade & Sens

MASSAGES

INTUITIVE MASSAGE 90€ 70 min | 110€ 90 min

A totally customized massage. It is based on different massage techniques (Relaxing, Shiatsu, Deep Tissue, Reflexology, Lymphatic Drainage and REIKI energy practices).

JAPANESE FACIAL MASSAGE 100€ 75 min

Inspired by an ancestral Japanese ritual, this "anti-wrinkle" treatment acts on the entire face and neck, using deep maneuvers to tone and plump the skin.

THAI FOOT REFLEXOLOGY 75€ 60 min

A discipline that harmonizes your body's vital functions by massaging the foot's reflex points. Stimulating these points regulates microcirculation, eliminates toxins and relieves chronic pain. It encourages deep relaxation and well-being to combat stress, fatigue and anxiety.

TRIGGER POINTS 90€ 70 min | 110€ 90 min

A manual massage technique involving slow, deep massage of painful points known as trigger points. It's an effective method for relieving muscle pain and contractures. Ideal before and/or after physical exertion.

ANTENATAL MASSAGE 90€ 70 min

This massage involves gentle effleurage, friction and pressure on the body to relieve tension accumulated during pregnancy. Important : massage authorized from the 2nd trimester to the end of the 8th month of pregnancy.

CUPPING + TRIGGER POINTS 110€ 90 min | 140€ 120 min

The aim of this treatment is to create a suction effect using silicone suction cups on areas of tension known as "blocked" areas. This practice promotes tissue decongestion and mobility, as well as the evacuation of toxins.

Monday to Sunday - 9am - 7pm
Booking in advance 24h/48h (preferably)
+33 6 72 53 37 65

FACIAL TREATMENT 60€ 65 min

Complete tailor-made relaxation and treatment ritual, adapted to your skin type. It is broken down into 3 main stages:

- cleansing and exfoliation
- massage of the face, neck and décolleté
- mask (hand or scalp massage during application)
- end of treatment ritual

NAILS

HAND CARE 30€ 25 min

Nail shaping, soaking, regrowth and trimming of nails (skins), polishing, massage, application of a base.

FEET CARE 30€ 30 min

Shaping the nail, pushing back and cutting the nails (skin), polishing, massage, application of a base

CLASSIC MANUCURE 35€

For a better result, beautiful hands or feet are recommended.

SEMI-PERMANENT 37€ 60 min

Nail preparation included.

Take off + 10€

Monday to Friday - from 5pm
Weekend - 9am - 7pm
Booking in advance 24h/48h (preferably)
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