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massage

anti-stress massage:

Holistic massage technique which consists of light touches and gentle movements that produce lasting and profound states of relaxation. This massage releases the rigidities, the blocks and relaxes all tensions. A rejuvenating massage that allows total relaxation both mentally and physically.

- about 50 minutes.

aromatherapy massage:

(lavander, mint, citrus, Argan oil, olive oil and honey)

An holistic treatment that gives good physical and mental health. This massage reduces the effect of stress, improves circulation and increases the release of toxins thus rebalancing the energy flow, relaxes muscles which are overworked, contracted and painful. It has a bracing effect on weaker tissues and muscles. The application of essential oils absorbed through the skin and smell increases the beneficial effect.

- body treatment: about 60 minutes.
- treatment, face and body: about 80 minutes.

relaxing aromatherapy massage:

The beneficial effect of this massage is enhanced by the use of specially selected natural oils, which thanks to their properties stimulate the nervous system and allow the muscle tone to go back to its normal level. It is particularly indicated after intense physical activity.

- body treatment: about 60 minutes.
- back treatment: about 25 minute.
- legs treatment: about 25 minutes.

neck massage:

Very good at solving problems of tensions, muscle contractions and localized discomfort due to poor posture held during sleep and during the active days. This massage is a useful therapy to relax tension and calm the pain while it allows restoring peace of mind.

- full treatment: about 50 minutes.
- seated: about 25 minutes.

cranio sacral massage:

Holistic massage technique where the operator performs very light touches on the bones of the skull and along the spine of the patient. The benefits manifest themselves at different levels: those of a simple anti- stress treatment to the complete rebalance of body functioning. Despite the delicacy with which it is practiced, it has a profound effect and improves the harmony of the emotional and psychological states of the patient while providing a pleasant feeling of well-being.

- treatment: about 60 minutes.