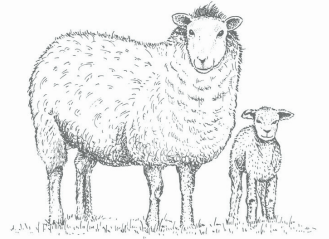


# Treatments



## Wellness

30 min – 59€ | 60 min – 99€ | 90 min – 129€

Relaxing, energizing, soft, deep ... according to your needs and desires

## Conditioning

20 min – 39€

24 hours to 1 hour before exercise, muscle massage, heating, energizing

subject to another treatment

## Recovery

45 min – 79€

Targeted relaxing massage, relieves stress and muscle tension

## Letting go

45 min – 79€

Optimal relaxation of the upper body: trapezius, neck, scalp, face

## Foot reflexology

60 min – 99€

Energizes the body, promotes the circulation of energy flow, releases stress and nervous tension

Relaxing, non-therapeutic massages. Thank you for reporting any useful information related to your health (recent surgeries, allergies, pregnancy, etc.)

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## INFORMATIONS / RESERVATIONS

At reception or by phone at + 33 (0) 7 84 51 81 29