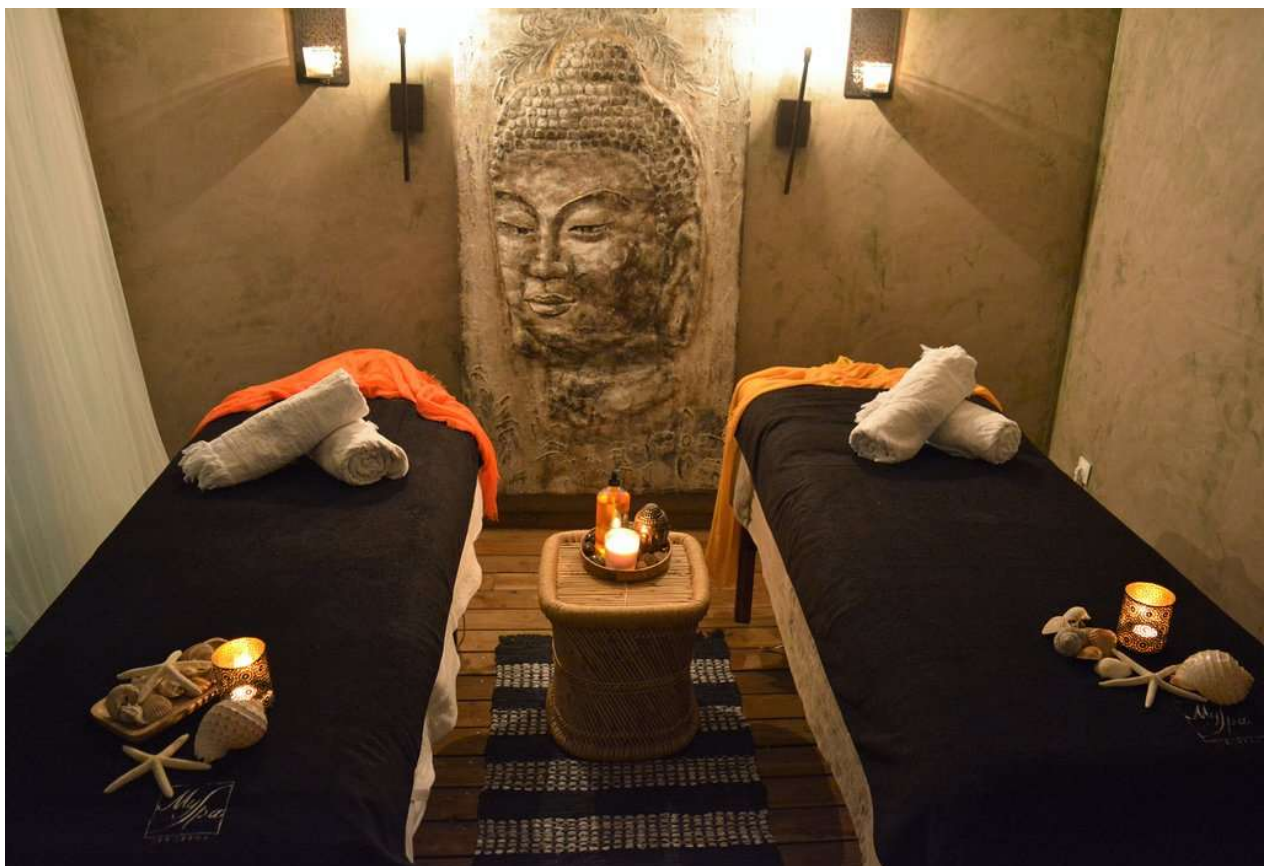




## Ours Massages :

In the heart of the bamboo grove, with birdsong all around, our “Ti kai” cabin will amaze you. Alone or as a couple, this area is dedicated to massage and will transport you far away from life’s daily storms. The cabin’s zen mood, with exotic wood, amber scent and draped organza, will revitalise you. Time stands still.

Our massage therapists can refine your choice with you at the start of any treatment, made to measure according to your desires.



## **Duo Massage (60 mn)**

**160 €**

Share a moment of well-being as a couple. Complete 50 minute body massage; face and scalp massage with the oil of your choice among those offered. Prolong the relaxation together with a cup of herbal tea.

## ***Exotic Journey (45mn)***

**65 €**

Stemming from a centuries-old Hawaiian tradition, Lomi-Lomi massage expresses the Polynesian philosophy aiming for balance in the relationship between body and mind through the good circulation of Mana, the energy that passes through our body. It is characterized by the famous “loving touch”: a unique, enveloping and reassuring touch achieved by wide movements of the hands and forearms across the surface of the back.

## **Journey of abundance (60mn)**

**79 €**

Californian massage offering general relaxation, in particular by long, fluid movements over the whole body, thus releasing too much tension. It also allows your skin to regain softness and suppleness. Let go of the hassle of everyday life.

## **Thai foot reflexology (45mn)**

**65 €**

Touching specific zones on the feet that correspond to different organs in the body, allows location and dissipation of tension, to reset the body's balance.

## **Scandinavian retreat (60mn)**

**85 €**

Swedish massage using kneading, percussion and vibrational energy, favours elimination of toxins allowing relief from tension and muscular firming.

## Round Tummy Massage (60mn)

79 €

Massage for pregnant women, from the fourth month of pregnancy. Carried out with great gentleness. Brings relief from habitual pregnancy niggles such as lower back strain, joint pain and circulation problems.

## Oriental Voyage of the Berbers (1h30)

140 €

Preceded by an exfoliation in our CôteZen space, this complete and dynamic oriental massage follows the muscular line with toning palpations conducive to physical recovery. The pressure exerted on the muscles has a draining effect, eliminating muscle fatigue and improving blood circulation. It acts on muscle and back tension.

The session ends with a few minutes of relaxation, a wrap and an infusion.

Your massage may be preceded by a hammam session to promote the elimination of toxins, and above all to relax you, both physically (relaxation of the muscles) and mentally. This step is a perfect preamble to oriental massage.

Taking into account the law of 30<sup>th</sup> April 1946 and decree 60 669 of 4<sup>th</sup> July 1960, from article 489L and the order of 8<sup>th</sup> October 1996, these are by no means medical or physiotherapeutic massages, but techniques for well-being, physical relaxation and anti-stress.