

NEW !

"Sleep aid" treatments



You sleep badly, you wake up several times a night and you have a lot of trouble getting back to sleep! A good massage helps fight insomnia.

Getting a massage at the end of a tough week isn't just a great way to unwind. Several studies have formally demonstrated that massage improves sleep. It helps you relax.

If you stay awake at night thinking about your financial troubles, marital worries, or other stressful issues, a massage can be the key to healthier, more restful sleep. Regular massage sessions have been shown to decrease depression and anxiety and improve the quality of sleep. This is because these sessions trigger the release of serotonin, a neurotransmitter that helps you feel more serene and calm.

Massage is a smart, healthy, drug-free option that has helped many people overcome their sleep issues.

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|-----------------------------|---------|-------|-----------------------|--------------|
| 1) Bath with essential oils | 30 min. | 60.- | | |
| Relaxing massage | 60 min. | 150.- | | |
| Foot reflexology | 60 min. | 145.- | Package | 295.- |
| 2) Scalp massage | 60 min. | 145.- | | |
| Facial reflexology | 60 min. | 145.- | Package | 245.- |
| 3) wrap with hot seaweed | 60 min. | 150.- | | |
| Massage abhyanga | 60 min. | 180.- | Package | 275.- |
| | | | Package 3 days | 799.- |

"Relaxing legs" treatments



In summer, we all want lightness, well-being and rest. Only things get complicated when, under the effect of the heat, our legs become heavy and painful ... Discover our anti-fatigue treatments to spend beautiful summer days in all serenity!

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|---|---------|-------|-----------------------|--------------|
| 1) Lymphatic drainage | 60 min. | 135.- | | |
| Cryotherapy | 30 min. | 140.- | Package | 235.- |
| 2) Algae wrap | 60 min. | 150.- | | |
| Glove massage and anti-fatigue cream | 60 min. | 160.- | Package | 265.- |
| 3) Scrub and wrap with salts | 60 min. | 150.- | | |
| Lymphatic drainage | 60 min. | 135.- | Package | 245.- |
| | | | Package 3 days | 745.- |

"Pain-free back" treatments

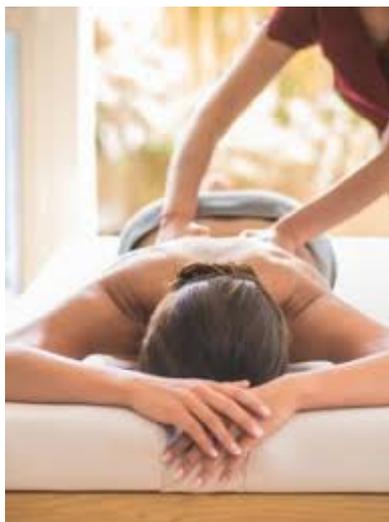


You bend down to lift a child or take a suitcase out of a trunk ... And there it gets stuck!

Your back pain can have different origins. Often there is no associated pathology. The pain is caused by prolonged bad postures that you put through your spine. The majority of back pain could thus be avoided by prevention. Specific sessions are available in our Spa

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|-----------------------------|---------|-------|-----------------------|--------------|
| 1) Bath with essential oils | 30 min. | 70.- | | |
| Fango | 30 min. | 80.- | | |
| Back massage | 45 min. | 115.- | Package | 215.- |
| 2) Fango | 30 min. | 80.- | | |
| Herbal Kinzhi Massage | 60 min. | 145.- | Package | 185.- |
| 3) Fango | 30 min. | 80.- | | |
| Full massage | 90 min. | 180.- | Package | 210.- |
| | | | Package 3 days | 595.- |

« Get back in shape » treatments



Do you want to stay dynamic on a daily basis? The benefits of thermal water intertwine for a gentle and pleasant regeneration. Discover our fitness treatments!

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|---|-----------------------------------|---------|-------|----------------|--------------|
| 🕒 | Essential oil bath and salt scrub | 60 min. | 150.- | | |
| 🕒 | Tonic massage | 60 min. | 160.- | | |
| 🕒 | Foot reflexology | 60 min. | 145.- | | |
| | | | | Package | 375.- |

« Anti-stress » treatments



Anti-stress treatments par excellence, a delight for the senses, a feeling of relaxation and well-being for the whole body. So delicious and surprising by its self-heating action, this pack diffuses its warmth and its sweet intoxicating scent for a pure moment of pleasure. The relaxing massage with coconut oil will enhance this moment of escape.

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|---|----------------------|---------|-------|----------------|--------------|
| 🕒 | Chocolate wrap | 60 min. | 150.- | | |
| 🕒 | Scalp massage | 60 min. | 80.- | | |
| 🕒 | Relaxed body massage | 60 min. | 150.- | Package | 275.- |