

THE MESSAGES

Our massages are for well-being and relaxation. They are not therapeutic massages. They are carried out by beauticians and hydrotherapists, specially trained in comfort massages.

RELAXING MASSAGE

25 MINS : 50 €

Relaxes the back and legs, well-being and relaxation.

WELL-BEING MASSAGE

25 MINS : 50 €

Relaxing fullbody massage.

AFFUSION MASSAGE

25 MINS : 60 €

Under a fine spray of warm sea water, this massage brings you complete relaxation.

H.N.S MASSAGE

(HEAD NECK SHOULDERS)

25 MINS : 50 €

Detailed massage of the shoulders, neck, scalp and arms. Brings deep relaxation and relieves nervous tension.

MANUAL LYMPHATIC DRAINING

25 MINS : 50 €

Massage with soft and slow rhythm pressure and pumping that stimulates the lymphatic flow and helps to eliminate toxins (lower limbs).



AYURVEDIC MASSAGE

50 MINS : 90 €

A soothing massage that aids the circulation of energy and muscle relaxation, giving a sensation of calm and serenity.

HARMONY MASSAGE

50 MINS : 90 €

This massage was created for Euronat and is based on the soothing surf of the sea. It brings relaxation and holistic harmony of the mind and body.

DEEP TISSUE MASSAGE

50 MINS : 90 €

Back and legs massage, combining kneading movements, pressure and smoothing strokes.

CHI NEI TSANG

50 MN : 90 €

Stemming from traditional Chinese medicine, this treatment gently and deeply stimulates the energy (Chi) of the internal organs of the abdomen, our second brain! The aim is to restore the bodymind balance by releasing tensions and emotions (through the free circulation of the Chi).

POLYNESIAN MASSAGE

50 MINS : 90 €

Sublime massage with hot sand pouches.

ARCTIC MASSAGE

50 MINS : 90 €

Swedish-inspired massage: relaxing warmth and invigorating freshness thanks to azure ice bubbles.

INDIAN SEA MASSAGE

50 MINS : 90 €

Ayurvedic tradition and marmatherapy rebalancing massage.

THE BODY OF MEMORY

50 MN : 90 €

Inside our body, memories of childhood suffering, and those of our parents lie buried...

This treatment brings total liberation from these emotional memories of suffering. The spirit and body are liberated leading to a « Renaissance of the consciousness ».

SHIATSU

50 MINS : 90 €

A digito-puncture technique performed on the energetic meridians.

