

# THE MESSAGES

25 MINS : 50 €

## RELAXING MASSAGE

Effleurages, pressures, and kneading on the posterior side of the body. Relaxes the back and legs, promoting a sense of well-being and relaxation.

## WELL-BEING MASSAGE

Full body massage, an exclusive and soothing moment of well-being.

## H.N.S MASSAGE (HEAD NECK SHOULDERS)

Detailed massage of the shoulders, neck, scalp, and arms. Highly effective for relieving physical tension in the upper body, provides deep relaxation, and alleviates nervous tension.

## MANUAL LYMPHATIC DRAINING

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



## AFFUSION MASSAGE +10 €

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

**NEW**

FOOT MASSAGE

SCALP MASSAGE



## AYURVEDIC MASSAGE

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

## HARMONY MASSAGE

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

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

## POLYNESIAN MASSAGE

Sublime massage with hot sand pouches.

## ARCTIC MASSAGE

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

## INDIAN SEA MASSAGE

Ayurvedic tradition and marmatherapy rebalancing massage.

## CHI NEI TSANG

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).

## THE BODY OF MEMORY

Inside our body, memories of childhood suffering, and those of our parents lie buried... This treatment brings total liberation from these emotional memories of sufferance. The spirit and body are liberated leading to a « Renaissance of the consciousness ».



*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.*