

THE MESSAGES

25 MINUTES

RELAXING MASSAGE : 55 €

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 : 55 €

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

H.N.S MASSAGE : 55 € (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 : 55 €

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



AFFUSION MASSAGE : 65 €

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

THE MESSAGES

50 MINUTES

AYURVEDIC MASSAGE : 95 €

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

HARMONY MASSAGE : 95 €

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 : 95 €

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



NEW

FRENCH RIVIERA : 95 €

Body massage performed with hands and jade pebble that spread light heat for a true relaxing moment.

POLYNESIAN MASSAGE : 95 €

Sublime massage with hot sand pouches.

ARCTIC MASSAGE : 95 €

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

INDIAN SEA MASSAGE : 95 €

Ayurvedic tradition and marmatherapy rebalancing massage.

NEW

DUO MASSAGE : 180 €

Treat yourself to a moment of complicity and relaxation with our duo massage, for a shared moment of well-being.

FOOT AND SCALP MASSAGE

50 MINS : 80 €

CHI NEI TSANG

50 MINS : 95 €

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

50 MINS : 95 €

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 ».

NEW

TIBETAIN KU NYE MASSAGE

50 MINS : 95 €

This Tibetan massage, with its numerous benefits, helps maintain balance and harmony between the body and mind. It relieves stress and pain through pressure on acupuncture points.

JAPONAISE SHIATSU MASSAGE

50 MINS : 95 €

Shiatsu, which literally means 'finger pressure,' is an ancient Japanese technique. It is based on the application of rhythmic and precise pressures across the body, aiming to rebalance energy, promote deep relaxation, and enhance overall health.

