

Body Care - Wellness - Massage

Sauna Is always open & located on the upper floor (prohibited for pregnant women's). Light it on 15 - 20 minutes in advance. Begin with 85°C, and breathe deeply. Once feeling comfortable you can raise to upper level (highest temperature is at the top).

Sauna is a dry Heat care!



Laurence BELLEGO

Au p'tit Soïn

06 47 77 80 42

Balinese Massage : 1h15 - € 70.00

Tonic massage, bringing deep relaxation and wellness. This massage helps to balance the energy centers and improve the integration of your internal systems.

Californian / Swedish : 1h00 - € 75.00

This massage with warm oil is one of the great classics of oiled massage. This technique combines cocooning gestures and other deeper or rhythmic. It can be soothing or invigorating and powerful to suit your needs.

Oiled Shiatsu : 1h00 - € 75.00

Shiatsu massage is an old traditional, Japanese healing method most commonly known as acupuncture. Pressure is applied to the meridians to unblock energy blockages and stimulate the body's energy flow.

Prenatal massage : 1h00 - € 65.00

Wrapping massage with hot oil, light touches to enhance body harmony with respect of Pregnant woman sensibility.

Women & Men waxing - On request

Hawaiian Lomi Lomi : 1h00 - € 65.00

Long and enveloping movements made with forearms. The table is covered with plastic in order to swift arms under your body. Sweetness, depth and fluidity, one of the most relaxing massage.

Kobido : 1h00 - € 65.00

Tonic neck & face massage which will brighten your skin, stimulate your muscles & takes you to heaven. This massage is extremely relaxing.

Deep Tissue massage : 1h00 - € 65.00

This is a deep massage. The goal is to work on specific strained area. This a custom session, as we spot at beginning the muscles pain to target.

Back massage : 30 min - € 35.00

Wrapping massage with hot oil. Mix of different body care skills.



Yann JONAS

Relaxation & Yoga Teacher

06 64 55 50 96

Californian Massage - 1h30 - 85 €

Hot oil massage - A touch that feel good - Rediscover the pleasure of being in your own body and give up with a relaxing and detoxifying wrap.

Relaxing hot oil massage : 1h00 - € 70.00

Wrapping massage with hot oil. Mix of different body care skills.

Individual Yoga courses - 1h30 - 85 €

A personalized session to control your breath, strengthen your muscles, your flexibility, your vital energy, manage your stress and emotions.

Meditation - 1h15 - 75 €

Initiation and understanding the "Meditation". The practice takes place outdoors (weather permitting). Discover some keys to get a lightest day ...

Reservation needed - All body cares must be paid directly to therapists in cash.

(If you wish to pay the cares on your hotel bill, add 20% vor VAT on thoses net rates)

Massage for couple available (subject to availability of therapists)

Sorry ... No erotic massage!

Reserve in advance...