

Massages • Yoga • Dance



Ayurveda

The Art of Longevity & Vitality Indian Traditional Treatments

Abhyanga

1h

Full body massage with specific warm oil for each person's constitution (dosha). Stimulates energetic points (marmas), cleanses out toxins and dynamises the body circulatory systems.

Abhyanga Thai

1h30

Massage on a futon on the ground with oil. Inspired by Indian and Thai techniques. Tonic pressure, stimulation of meridians and stretching exercises, giving a physical and energetic harmonization.

Pada Kesa Mardana

1h

Star-shaped massage of the body's extremities; head, hands and feet. These areas contain a dynamic condensed whole body. They are the end of nerves and energies networks of our body.

Mandala Belly Massage

45 min

Energetic belly massage with mustard oil. Balances water element (jala) related to emotions.

Kansu

45 min

Foot massage with a copper bowl and ghee to balance fire element. Soothes stress, anger and regulates sleep.

Shiromarmas & Ears Candle

1h

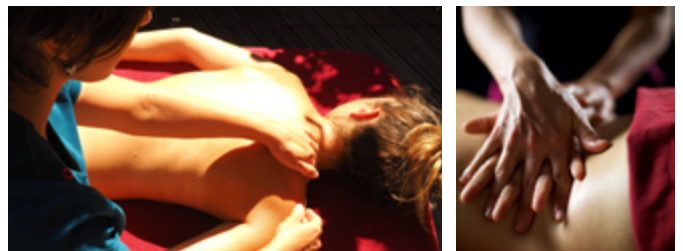
Regenerating scalp, face and torso massages according to the art of marmatherapy (energetic points) and natural cleaning of the ear canal. This treatment helps restore the body balance and deep sleep.

Consultation:

Nutrition & Ayurveda Advices

1h30

Find out your deep nature (dosha) according to Ayurveda. Advices about daily routine and personalized nutrition.



Your body will be respected, freed from toxins, nourished and moisturised. All the cosmetics products are natural or organic. The massage oils are 100% vegetable origin.

Ancestral Massages & Treatments

Ko-Bi-Do facial japanese massage

1h

It's the ancestral secret of Japanese youth! A harmonious blend of relaxing, draining and tonic massage. A true manual lifting which restores radiance and youthful facial feature.

Kimeili energetic facial beauty

1h

Ki means energy in Japanese and meili beauty in Chinese. An innovative technique from Asian origin: subtle harmony between dancing movements, hands dexterity and acupressure points on the face. A beneficial treatment for the blood system, drainage, detoxification and firmness of facial muscles. An effective natural rejuvenation from the very first session!

Qi Nei Zang

1h

The art of belly or internal organs massage comes from Taoist China. Through acupressure techniques, this massage detoxifies, releases tensions and blocked emotions and enhances Qi (vital energy) in the body.

TuiNa

1h30

Dynamic chinese traditional massage of the whole body dressed. It takes into account the meridians and the energetic concept (Qi) with multiple manipulations. The TuiNa (Tui : pushing and Na : grasping) eliminates blockages and stimulates the body's self healing abilities.

Thai Foot Reflexology

1h

Massage of the sole and back of the feet stimulating specific reflex zones, related to organs. Follow by an invigorating calf's massage for lightness and vitality.

Chinese Hands Reflexology

45 min

A massage that stimulates points and reflex zones around your hands correlated to different body parts, glands and organs.



Classic Massages

Swedish

1h

A fluid and enveloping muscular massage with multiple physiological benefits. It adapts to everyone's needs and desires: soft or deep, relaxing or tonic depending on the rhythm and intensity mode desired. It effectively relieves tension and fatigue. Excellent before and/or after sport.

Sport Deep Tissue

1h

A deep and slow muscular massage, which focuses on softening the fascias, relaxing both superficial and deep muscles, and eliminating toxins accumulated in your body. Ideal after physical effort!



Future Mum & Children

Pregnancy Body Massage

1h

A relaxing time for you and your future baby.

The Little Adventurer Massage

30 min

Children also deserve a relaxing time! Gentle massage of the entire body with melting massage balm.

The Art of Movement

Hatha Yoga, line of Tantra

1h

Yoga means the union between body and mind in order to achieve a better balance with oneself, the other and the environment. The session is composed of breathing exercises (pranayama), physical postures (asanas), meditation, mantras and relaxation. The yoga practice improves physical, mental, emotional and spiritual health. Suitable for everyone.

Fascia, Yoga & Movement

1h

Fascias are connective tissues that practically wraps and connects all the internal structures of our body, like elastic nets from the head to toe. The session focuses on mobilizing the fascial system and connects anatomy to the postural, respiratory and energetic practices of yoga. Physical, cognitive and perceptual abilities are promoted through the movement and meditation. The body regains flexibility, mobility and balance.

Brazilian Dances

1h

A musical and dancing journey! The workshop starts with warm-ups and developing consciousness of the body, Brazilian dances, stretching and final relaxation. Different dances will be taught: ciranda, maracatu, maculê, samba, coco, frevo, forro, funk and other surprises...

Creative Dance

1h

Free and intuitive dance that expresses the natural movements of the body, the emotions and desires of the present moment.



Well-being massages don't substitute any medical care or acts of physiotherapy. However, they can improve one's physical and emotional well-being.



Cler Fiorelli, Brazilian and of Italian-Spanish origin is passionate about body, art and movement since its most young age. Graduated in body therapies, nutrition and dances from several schools in France, India and Brazil, she generously loves to share her acquired knowledge.



Tailor-made : group workshops (seminars, events, wellness trips). Ex. : hands reflexology, mudras (hand's yoga), Indian head massage, etc.

Gift Invitation Voucher :
An original gift! Give a massage!

Enjoy the convenience of home service on your holiday. Massages and treatments by appointment every day. In case of cancellation less than 24 hours in advance, the compensation will be 100% of the amount of the planned service.



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