



Wellness & Performance

RÉSERVEZ EN LIGNE

The Alliance of Swedish massage and sports recovery Techniques

BOOKING NOW

Available in the Chamonix valley, from Vallorcine to Megève, I come to your home, your hotel, or your place of residency. Whether you are an amateur, professional athlete or simply solicited by your daily life, this massage session is for you!

Specially trained to support you in muscle recovery, I offer a range of massages that will allow you to release your tensions, tone your body and boost your energy to feel good!

Massages improve the ability to move. Massages are at the service of athletes and performance.



IMPROVE YOUR SPORTS PERFORMANCE *by the benefits of massages*



WHY RECEIVE A MASSAGE ?

A Specific Massage adapted to your needs

Stress, sport, bad posture, repetitive work, stiffness, lack of sleep, are often factors at the origin of our back pain, body aches and anxiety.

– Enjoy the benefits of a good massage made for you ! –

- RELIEVES MUSCLE TENSION
- REDUCE STRESS
- MAINTAINS JOINT FLEXIBILITY
- INJURY PREVENTION AID
- DRAINS AND ELIMINATES TOXINS
- POST-EXERCISE RECOVERY
- BODY HARMONY
- HELPS PERFORMANCE POTENTIAL
- ACTIVATES BLOOD CIRCULATION
- IMPROVES SLEEP

TO LISTEN, TO OFFER A WELLNESS BREAK *each massage given is different and unique*

- TAKE CARE OF YOURSELF -

TREATMENTS & MASSAGES

Massage is more than ever a precious tool ! Receiving it regularly amplifies the physiological effects, improves your performance and brings physical and mental relaxation.

OUR MASSAGES MADE FOR YOU

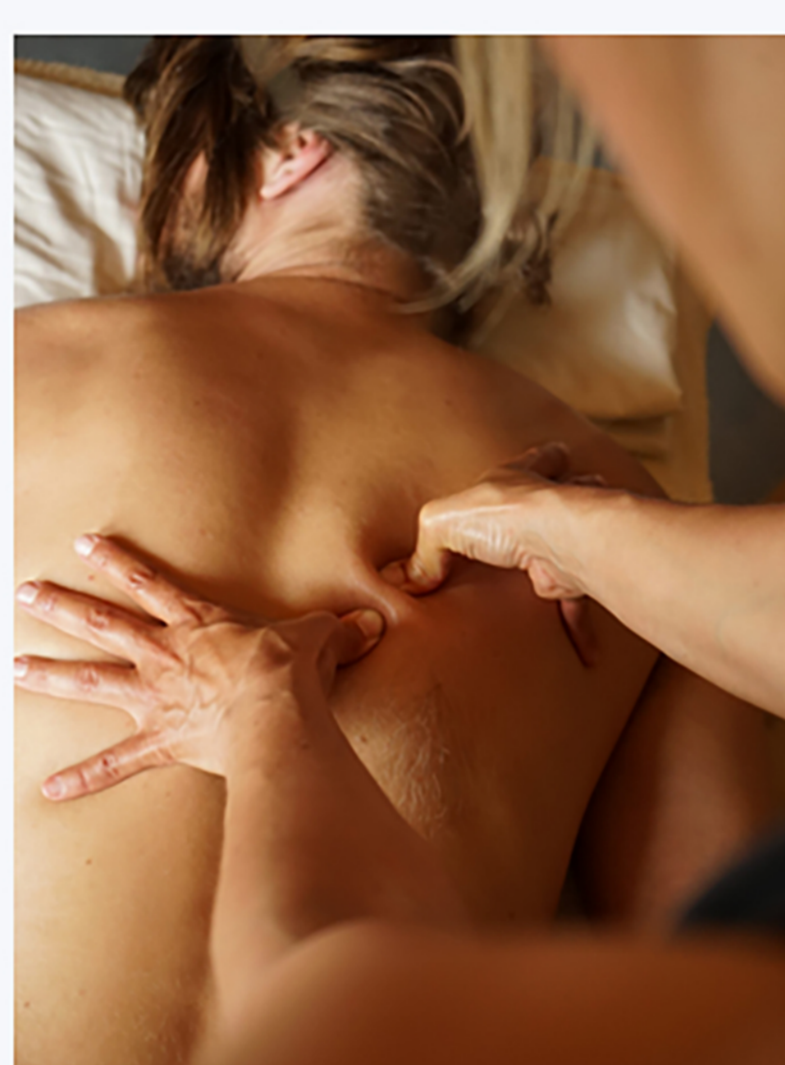
Treat yourself with massage and well-being !



SWEDISH MASSAGE

It constitutes the ideal massage thanks to its great adaptability to be personalized to the needs of each one.

Duration : de 1h à 2h
RELAXING COCOONING



SPORT MASSAGE

Muscular massage, structured, rich in techniques. It combines Swedish massage maneuvers, sports and deep-tissue.

Duration : de 1h à 2h+
SUSTAINED PRESSURE



POWER MASSAGE

MYO SPORT massage to which Thai massage techniques are added, accompanied by passive stretching.

Duration : de 30 minutes à 2h+
PASSIVE STRETCHES

SKIN HYDRATION

Enjoy Massage With oil

All our oils are chosen with care and they come from natural and organic origins



- Certified quality service
- Attentive to your comfort
- Listening and respect
- Preserving your privacy
- always covered with a towel
- Guaranteed hygiene procedure

QUALITY AND COMMITMENT CHARTER

Professionnel Massage carried out in mutual respect

During our interview, you should tell me any information about your health that could be a contraindication to the massage. The well-being massage is a relaxation and relaxation method, not for medical purposes.

The services are strictly professional and without any erotic character. You agree to have a courteous behavior and not to have inappropriate gestures towards me.

A Massage with "Sense"

From the etymological origin "Myo" from the ancient Greek "mýs" which means Muscle, followed by the word "Sense" which evokes the sense of perception and touch. MYOSENS massages are practiced with an anatomical approach to the muscles, to work and massage the muscle chains with precision and then locate and relax areas of tension as precisely as possible.

– Give meaning to muscles –



ONLY ON RESERVATION



Wellness & Performance
www.myosens.fr