

Massages :

Relaxation massage: (30 min). For a short break, enjoy a localized massage customized to your needs to relax your body and revitalize your mind.

Tonic shower: (10 min). A concentrated jet of water applied to specific areas of the body improving your blood circulation and providing a deep sensation of well being.

Relaxation massage: A parenthesis of pure delight with oils like sweet almond. A smooth and easy flowing massage that helps, generally relax and greatly improves blood circulation. This type of massage is applied to increase range of movement and relieve muscular and tissue tension.

Aromatherapy massage: Combines the benefits of massage therapy and essential oils. The essential oils diffuse their precious aromas into the skin easing aches, pains and injuries, relaxing or stimulating to restore both physical and emotional well-being.

Oriental sphere massage: The calming vibrations of the oriental sphere work wonders on your body. They can alleviate the pain of sore, stiff muscles, increase circulation, reduce recovery time from injuries and strain, and reduce stress.

Bamboo massage: uses bamboo of different lengths and diameters to roll, knead, and relax muscles with deep tissue techniques. It relieves overused and sore muscles, as well as increased circulation and relaxation.

Lymphatic drainage massage: A therapeutic massage treatment that uses very light pressure and long, gentle, rhythmic strokes to increase lymphatic flow and get rid of toxins in your body.

Reflexology: Focusing solely on the feet by applying pressure on reflex areas that correspond to specific organs and other parts of the body. Endorphins are released throughout the entire body, reducing stress and balancing the body.

Oriental massage: Performed on a specific ground mattress, this deep and invigorating massage focuses on stretching and acupressure points. This technique is perfect for back pain, tight muscles, headaches, decreased mobility and stress.

Sports massage: As a means to enhance pre-event preparation and reduce recovery time for maximum performance during training or after an event the focus is on the deepest layers of muscle tissue and tendons. This massage, followed by a stretching session promotes flexibility, removes fatigue, improves endurance and helps prevent injuries.

All our massages last 60 minutes.