

Massages and treatments

Spirit and body sports massage Omnisens: massage with a golf ball ideal for athletes or people searching for strong and tonic techniques. This massage releases toxins and supports muscular recovery. It offers a general relaxation **60 minutes. Prix 105€.**

Thaï reflexology Omnisens: association of a relaxing foot massage and pressure onto specific joints like ankles and knees. This draining massage which is very relaxing, improves physical conditions and supports the feeling of light legs. **60 minutes. Prix 105€.**

Body scrub 30mn + body massage 30mn Omnisens 60 minutes. Prix 105€.

Face scrub and massage 30mn + body massage 30mn: 60 minutes. Prix 105€.

Californian massage: slow and gentle movements which will directly act to relax tensions on the physical and psychical levels and provide a total sense of well-being and relaxation. **60 minutes. Prix 105€.**

Swedish massage: massage technique which is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension, bringing the whole body into a balanced state of natural harmony. **60 minutes. Prix 105€.**

Traditional Shiatsu massage: traditional Chinese techniques using pressure on to acu-points located along the body's energy channels using the fingers, thumbs, palms, elbows, knees and feet. This massage improves circulation, releases toxins and tension from the muscles and acts on the autonomic nervous system to achieve relaxation. It erases the signs of tiredness, sleeping troubles and regulates mood. **60 minutes. Prix 105€.**

Energy and relaxing massage: combination of Californian massage, Thaï massage, Swedish massage, Shiatsu massage and foot reflexology for an extreme relaxation and physical and psychical letting go. **60 minutes. Prix 105€.**

Hot stone massage: discover a moment of deep relaxation. This massage is a natural therapy in which warmed stones are positioned on parts of your body to maximize the therapeutic benefit. The stones used are typically river rocks or other very smooth-surfaced stones made of basalt. It helps your muscles relax, releases tension and eases sore muscles. The hot stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

Individual session 60 minutes - Price 115€

All the massages can be proposed as a DUO with 2 masseuses (subject to availability)

OMNISENS anti-ageing and remodeling facial skincare: this anti-ageing care ensures optimal hydration. Real glorious boost, the skin looks visibly younger **60 minutes. Prix 105€.**

OMNISENS revitalizing facial skincare: this treatment stimulates cell renewal. Due to its remodeling effect, the skin becomes smooth and plumped up. **60 minutes. Prix 105€.**