



WHAT IS POSSIBLE WITH AN HOLISTIC MASSAGE:

- Quieting the mind
- Relaxing the body
- Removing anxiety and stress
- Alleviating a specific pain
- Realigning body with mind
- Improving posture
- Rebalancing body's energy
- Increasing awareness
- Improving concentration
- Stimulation blood circulation
- Increasing the energy level

WELL-BEING OF BODY, MIND AND SPIRIT

Holistic massage is a manipulation technique that relaxed body, mind and emotions.



SPECIAL RELAX

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|------------------------------|------|
| Musical 432Hz f the back 25' | € 25 |
| Rebalancing 45' | € 35 |

The combination with music à 432Hz provides total well-being and relaxation, relieves tensions and lightens your thoughts .

BODY RELAXATION

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|-----------------|------|
| Californian 50' | € 35 |
| Relaxing 45' | € 35 |

Californian massage is a "skin" massage that combines work on the muscular, lymphatic and circulatory systems with reactivation of the energy centres.

SPECIFIC

- | | | | |
|----------|------|-----------|------|
| Face 25' | € 25 | Legs 30' | € 25 |
| Head 25' | € 25 | Feet 40' | € 30 |
| Back 30' | € 25 | Hands 40' | € 30 |

Specific massages are useful for relieving pain, tension and stress caused by muscle fatigue and tension.

DECONTRACTING

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|--------------|------|
| Cervical 45' | € 35 |
| Back 45' | € 35 |

The main objective of decontracting massages is to release tension and contractures.