

MASSAGES AND CARE

Alizé

Californian massage - body 1h15 / duo

4-hand massage - body 1h himalayan ritual

Relaxing massage and singing bowls

Ayurvedic feet massage with Kamsu bowl or singing bowls 1h

Massage and sound vibration 1h15

Anaïs

Abhyanga : ayurvedic massage of the entire body 1h15/45

Champissage : Indian relaxing head massage 30min

Kansa Vatki : feet massage with relaxing bowl 1h

Mukhabyanga : relaxing face lifting massage 1h

Ayurvedic examination : nutrition and lifestyle, ayurvedic psychology 1h30

Edith

Heart and body care

Brigitte

Individual session of face yoga

Christelle

Shiatsu massage

Frédéric

Shiatsu massage

Christa

Individual session of crystal singing bowls

François

Individual coaching session

Sophrologie session

Maxime

Individual session of sports coaching

Nicole

Session of Relaxation through music



L'OSTALAS

PARENTHÈSE MIEUX-ÊTRE À LA FRANÇAISE