

MASSAGES & CARE

Alizé

Personalised relaxing massages 1h/1h30

- solo/duo, to choose from :

- Californian
- Ayurvedic
- Balinese
- Reflexology with kansu bowls

4 handed symbiotic massage - body 1h

Tibetan singing bowls massage - 1h

Antony

Energy assessment (Taoist medicine)

Digitopuncture and moxibustion session
(Taoist medicine)

Brigitte

Face and eye yoga and/ or scalp
individual session

Claudia

Swedish massage

Pregnant woman massage

Individual training session if

Dimitri

Individual training session

Emma

Skin Tao facial massage 0h30

Kobido facial massage 1h

Lymphatic drainage (body), Renata França 1h20

Madotherapy - Colombian body massage 1h20

François

Individual coaching session

Sophrology session

Johanne

Ayurvedic massages, to choose from :

- Abhyanga (body) 1h ou 1h15
- Pregnant woman 0h45
- Marma therapy 1h
- Head massage 0h30

Face reflexology 0h20

Ayurvedic naturopathy consultation
1h30

Laure

Tui Na massage 1h

Intuitive massage 1h

Michael

Private yoga class - 1h or 1h30

Sergine

Individual laughter therapy session

Stéphanie

Forest Bathing 2h



L'OSTALAS
PARENTHÈSE MIEUX-ÊTRE À LA FRANÇAISE