

# 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

## Dimitri

- Individual training session

## Géraldine

- Individual Pilates Swiss Ball session

## Léa

- 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

## Marie-Eve

- Cours de yoga individuel - 1h ou 1h30

## Michael

- Private yoga class - 1h or 1h30

## Michelle

- Kobido Face Massage 1h
- Thai foot reflexology massage 1h

## Sergine

- Individual laughter therapy session

## Stéphanie

- Forest Bathing 2h
- Relaxing and energising care 1h

