



AYURVÉDIQUES MASSAGES

We recommend booking in advance to ensure the availability of our practitioners. They will be attentive to define with you the treatments that perfectly meet your needs and expectations.

RATES* : 1h : 135€ | 1h30 : 170€ | 2h : 200€

Abhyanga Massage

Pregnant women, from the 3rd trimester of pregnancy.

DURATION* : 1h | 1h30 - FULL BODY

This massage with warm oil offers a relaxing and balancing experience. This treatment promotes harmony between body and mind. It stimulates the circulation of energy and fluids in the blood and immune system, allowing you to eliminate tension and toxins. This massage soothes pain, restlessness, anxiety, and dryness. Let yourself be carried away by this moment of well-being and rediscover a harmonious balance.

Mardana Massage

DURATION* : 1h | 1h30 - FULL BODY

Ideal after intense physical exertion or a sports session, this recovery massage will quickly eliminate fatigue, soreness, and toxins. You will regain vitality and energy in no time.

Kansu Bowl Massage

DURATION* : 1h - BACK AND FEET

This practice helps regulate, harmonize, and balance the Pitta force related to the digestive and hormonal system, vision, and skin. This massage also soothes the mental and emotional sphere, relieving impatience, anger, stress, and much more. Thanks to its benefits, you will experience deep relaxation.

Marmas Massage

DURATION* : 1h30 | 2h - FULL BODY

Marmas are vital points located at the intersection of different physiological and subtle tissues and channels of the body. These key points are often where deep tensions reside. Their massage releases, improves, and redirects internal circulations according to their physiological and energetic movements.

Udvartana Massage

DURATION* : 1h30 - FULL BODY

With herbal powders and chickpea flour.

Both stimulating and relaxing, this invigorating and dynamic treatment activates and improves blood and lymphatic circulation. It promotes the elimination of toxins and all stagnations, such as congestion, cellulite, and water retention. Moreover, it strengthens the elasticity and firmness of the skin, offering it softness and radiance through its exfoliating action. This treatment is perfect at the end of winter and in spring.

Serenity Massage

DURATION* : 1h - HEAD, FACE, AND UPPER CHEST

Free yourself from accumulated tensions with this massage. The scalp, face, neck and shoulders, are pampered with precise movements, releasing knots and stiffness, while the arms indulge in gentle attention. Immerse yourself in this moment and allow your entire being to recharge in a soothing harmony.

Shirodhara Massage

DURATION : 1h : 150€ | 1h30 : 185€ - HEAD, FACE, AND UPPER CHEST

Let yourself be enveloped by the deep serenity of this emblematic Ayurvedic treatment. A gentle stream of warm oil flows steadily over the forehead, at the point of intuition, soothing the mind and releasing mental overload. As the continuous flow lulls the spirit into a meditative state, the scalp and upper body are eased with slow, enveloping movements. A true invitation to inner silence, emotional balance, and reconnection with oneself.

Never put off your massage
until tomorrow
if you can get it today.

Thomas Jefferson

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