



BODY • MIND • SOUL



✧ CARE MENU ✧



BODY MASSAGE

A deeply relaxing and restorative full body massage to release tension, reconnect with your body and soothe the nervous system.

1h

€140



FACE MASSAGE

A deeply relaxing treatment dedicated to the face. The facial massage works on muscular release, natural drainage and a lifting effect. It calms the nervous system and provides a deep sense of inner relaxation.

1h

€140



BODY & FACE RITUAL

A complete experience combining full body massage and facial treatment for a global relaxation of the body and mind.

1h30

€180



MOVEMENT



YOGA & PILATES FLOW

A session combining mobility, breathwork, fluid movement and deep strengthening.

1h

€120



BREATH • TALK • RECONNECTION



GUIDED BREATHING & RECONNECTION

An intimate space for exchange, breathwork and realignment.

Through conversation, listening and presence, we explore what's beneath the surface, release inner tension and return to the body.

A gentle moment of reconnection with yourself.

1h

€120

