



Massages

Ô Bien-Etre

RELAXATION MESSAGES

«JAPANESE FACIAL BEAUTY» MASSAGE

In Japan, this type of massage has been passed down from master to student since the 15th century. It is a Japanese manual therapy technique which stems from shiatsu and Chinese medicine, with the aim of mobilizing and boosting the body's energy via a facial massage.

This type of massage also provides an excellent natural facelift. How does it work?

One of the first objectives is to stimulate facial nerves and boost the flow of blood using an original, fun technique, which includes percussion movements, patting, kneading and stroking over the whole face (neck, scalp and shoulders are included). It helps to tone, hydrate, plump up, detoxify, oxygenate and nourish the skin.

This has a relaxing effect, which is when it is time to move on to the use of light, supple and stimulating acupressure, which also includes some meridian therapy. Deep-reaching work on the body's energies helps to eliminate toxins and aid the circulation of thoughts and emotions...

The results are a more relaxed, open face after just one session. Tension has been released from facial muscles, leaving them both firmer and more supple!

Ladies, please come to this massage session without make-up.

For this massage, I use organic sweet almond oil, a water atomiser and cornflower water.

CALIFORNIAN:

The well-being massage for relaxation par excellence. Deep-down relaxation for the whole body with the aim of improving well-being by regulating the nervous system and providing overall muscle relaxation.

This well-being massage uses lavender oil and is performed using light, flowing movements to the whole body.

The Californian massage helps to reduce stress and to bring about a more balanced nervous system, improves digestion and brings suppleness to connective tissues.

Excellent overall well-being guaranteed.

3-WRINKLE CHINESE WELL-BEING MASSAGE

This Chinese well-being massage has been passed on from mother to daughter for centuries. It is performed on a massage table, and uses no oil. With light, harmonising movements, this body technique promotes hydration, improved skin tone and therefore helps to reduce wrinkles and fatigue. This massage increases positive thinking, and without a doubt provides deep relaxation, an astonishing feeling of facial and bodily relaxation and real serenity..

DEEP TISSUE MASSAGE

This full body deep tissue massage uses knuckles, forearms and elbows to stretch each layer of muscle and fascia. Improvement is rapidly seen in range of movement, muscle hydration and overall body suppleness after a Deep Tissue massage. This deep tissue massage is favoured by those involved in physical activity, those concerned by a restrictive repetitive position, whether sedentary or while in movement, those who partake in sports activities and anyone looking to restore their body's suppleness. The Deep Tissue Massage is very popular and clients return for this direct, deep pressure massage. Perfect for physical recovery.

ENERGISING WELL-BEING MASSAGE

REIKI (Traditional Usui Method)

Reiki is an ancestral energy technique rediscovered at the end of the 19th century by Japan's Dr Mikao Usui.

Reiki is a simple, effective means of releasing the potential energy that each person possesses.

It brings energy flow in the body into harmony, providing relaxation and well-being, removing blockages on emotional, physical, biological...A subtle technique with surprising results.

Performed fully clothed on a massage table.

BALINESE MASSAGE

PIJAT KEPALA

This aim of this Balinese massage with oil is to loosen the upper part of the body; the upper back, shoulders, trapezius, neck, nape of the neck, scalp and face. This zone is considered to be the "intentional control zone" that becomes tense and sometimes contracts. During the first part of the massage, you will be seated on a stool, and then lie down on the massage table. Movements include smoothing and stretches followed by movements to open up the face.

PIJAT BALI

Massage has for centuries been a ritual deep-rooted in Balinese culture. The Balinese Pijat massage is the leading Balinese massage! It is particularly suited to those who enjoy a deep muscle massage over the whole body.

It offers much more than just a moment of relaxation.

Its goal is to allow the body to «let go» while also helping the body find balance through elimination with draining properties that have a beneficial impact on the whole system.

The Balinese Pijat massage works around the five elements of ether, air, fire, water and earth, bringing dynamic movement to the experience. It leaves one feeling energised and boosted. A massage that is thorough, varied and original.

ENERGETIC CHINESE MASSAGE

CHINESE TUI NA wellness massage

The Tui (=push) Na (=pull) full body massage that originated in China 3,000 years ago gives the body a natural boost. It uses the meridians and acupuncture points to restore the body's energy flow. Pressure is applied using the fingers, hands and arms.

The TUINA massage has its roots in Traditional Chinese Medicine. TUI NA is one of the branches of TMC along with herbal medicine, nutrition, acupuncture and Qi Gong. TMC is recognised by the World Health Organisation. Its aim is to activate the flow of Qi, known as life energy, release muscle tension and remove blockages.

TUINA strengthens vitality, helps manage stress and restores harmony to the flow of energy, which is often affected by stress, emotional trauma and psychological shock. It is also ideal in response to tensions caused by strenuous physical activity (sports activities or otherwise).

NB: This is a full body massage performed on the massage table, without the use of oil. Part of the massage is performed clothed: please wear loose-fitting trousers (eg. sportswear). The back is uncovered.

REFLEXOLOGY

FOOT REFLEXOLOGY:

The aim of this technique is to relax and provide suppleness to feet, and to stimulate all the reflex zones that correspond to the entire body. It helps to bring all the organism's systems into balance by stimulating weak areas and soothing over-active ones.

This feeling of well-being also involves releasing physical and mental tensions.

It is no surprise that the following Chinese proverb says: « your feet make you smile ».

AYURVEDIC WELL-BEING MESSAGES

AYURVEDIC (TRADITIONAL INDIAN) MESSAGES

In India, the human body is considered a temple and everyone is asked to take care of it. It needs to be fed and looked after in order for it to be in good condition to allow it to carry out its natural functions as well as enabling it to be a special place for spiritual development...

AYURVEDA is a sanskrit term which means « science of life ». AYUR means

LIFE and VEDA translates as science or knowledge.

Ayurveda dates back to over 3000 years B.C. but has always evolved in line with man's way of life. In the face of today's symptoms related to stress, fatigue, dietary changes and chemical changes to our environment, Ayurveda provides us with more than satisfactory solutions. Ayurveda is a dynamic, ever evolving approach. In 1980, it was given the same status as Western medicine at the Indian National Congress and is recognised by the WHO. In only 10 years, over 450 AYURVEDIC centres and institutions have been set up in INDIA.

Ayurvedic massages (with the exception of Abhyanga) are performed on the floor on a futon, in accordance with Indian tradition... to be anchored to and in contact with the ground, our Mother Earth.

SARVA PRÂNA

An energetic, stimulating back massage to alleviate back tension arising from stress, gardening, mental concentration... It is also excellent as preparation to a sporting effort or following the effort to aid recuperation.

KANSU FOOT MASSAGE

This massage is performed using the Tibetan «Kansu» bowl and shea butter. The bowl contains 7 metals including copper (which is excellent for pain and inflammations).

The Kansu massage helps to balance the «fire» element (excesses, tension, anger, hollow feeling, anxiety...), to release tension. Its relaxing effects are fast and long-lasting.

The ideal massage for all your daily troubles!

**Ideally suited to children (anxiety, worries...), teenagers (pre-exam stress, etc!) and pregnant women.

PAGATCHAMPI:

An excellent massage for a «light-legs» effect. It eliminates all of the body's toxins, fatigue, heaviness and muscular tension. It promotes far-reaching relaxation for those who over-analyse...it energises the stomach and lower abdomen, combats insomnia and tension**Perfect before or after a sporting effort **

