

Take care of yourself

By reservation, the best professionals in the region will come and hire you with their diverse and efficient services. All the oils used are 100% organic.

Types of massages

RELAXING MASSAGE

Gentle massage which aims to release tension and balance energies to evacuate accumulated stress and regain vitality.

SWEDISH MASSAGE

Strong dynamic massage which aims to dissolve tension, tone and firm muscles and joints.

AYURVEDIC MASSAGE

Derived from traditional Indian medicine, it is a massage with relaxing properties that eliminates toxins from the body by draining them into the digestive tract.

DRAINING MASSAGE

Gentle massage, the technique of which consists in applying slow and regular pressure on the whole body in order to restart circulation and to drain toxins. (also called "lymphatic drainage" because it stimulates the lymph)

TUINA MASSAGE

Dynamic Chinese therapeutic massage. Tui means "to push" and Na "to grab". It is based on the harmonization of energy (Qi) and the revitalization of the body.

PLANT REFLEXOLOGY

Massage and acupuncture technique on all the feet. Ancient Chinese practice aimed at reducing stress and tension.

PERSONALIZED MASSAGE

Massage that adapts to your needs. Certain areas of the body can be more targeted: skull / face / back / legs...

Tariffs

| | |
|--------------|------|
| Massage 45mn | 75€ |
| Massage 1h | 90€ |
| Massage 1h30 | 120€ |
| Massage 2h | 150€ |

*Hand and foot care;
information at
reception.*

The oils used: Réalia

100% natural Corsican products, invented and manufactured on the Costa Verde by a small team of passionate experts. The Réalia cosmetic farm is labeled 3 stars and adheres to the "Slow Cosmetics" charter

