

Well Being

Do you have a longing to feel good and relaxed ?

Oriane is a practitioner in the techniques of body massage to promote a feeling of wellbeing and relaxation. She has a diploma from the "Institut Hypoténuse" and Temana School, and is able to offer a choice of **8 massages*** and 2 specific treatments for slimming.

Rose Therapy : a wealth of benefits for women

An exclusive method of work which is balancing, relaxing, moisturising and toning. It reduces anxiety, sadness and melancholy. It works on the digestion, lymphatic, circulation, nervous and hormone systems. It combines the power of pink quartz and essential oils, floral water and "absolu de Rose de Bulgarie".

Length : 1h30 - Tariff : 70 euros, treatment (4 sessions a month) : 240 euros

Lomi Lomi : unity & well being

Relaxation Hawaiian style, a technique inherited from the Polynesians : an energising, vibrating & relaxing massage, which brings great relaxation, good energising circulation and good liberation for mental, nervous & muscular tensions.

Length : 1h15 - Tariff : 60 euros

Hypoténuse : soft and relaxing

A combination of Swedish and Californian techniques for removing tension, increasing suppleness and removing knots (massage with essential oils).

Length : 1h15 - Tariff : 60 euros

This massage can be tailored to each part of your body

Head = 15 euros,

Feet or hands = 15 euros

Legs and feet = 35 euros

Back-shoulders-back of the neck & thorax = 35 euros

Hot stones : deep muscle relaxation

Traditional massage with hot stones (heated basalt stones) whose origins are from Hawaii and Polynesia. For the relief of deep muscle tension and chronic pain, and for soothing and detoxification. This massage offers unusual sensations and facilitates the alleviation of stress.

Length : 1h - Tariff : 60 euros

Onavi : a total letting go

A massage with vibrating and undulating waves, originating from Korean techniques, sarawak rocking, and the practices of the Amazonian Indians.

Length : 1h - Tariff : 55 euros

Impérial : relaxing, anti-depressant, boosts the body's defence mechanisms (creation of the "Institut Hypoténuse")

An alliance of techniques from both East and West, this massage is associated with the gentleness of a relaxing massage and the strength of a Chinese massage, it boosts the body's defence mechanisms. Mentally motivating and anti-depressant.

Length : 1h - Tariff : 50 euros

Global chinois

Energising for a re-harmonisation of energy, maintenance of fundamental health, and a balancing and distribution of energy to the body.

Length : 40 min - Tariff : 45 euros

Amma assis : motivating, for rapid recuperation

Based on both Eastern and Western techniques (amma, tuina, korean) this massage channels a release of muscular and nervous tension, it works on stiffness, and unblocks and re-circulates the energy.

Length : 15 min - Tariff : 15 euros (40 euros in workplace for 4 ammas)

NEW : Slimming

- **Draining treatment** : lymphatic stimulation with pressure to reduce circulation problems (veins & lymphatic system) to fight water retention and cellulite : **60 €**

Treatment for 10 sessions (twice a week over 5 weeks) : 500 €

- **Silhouette remodeling**

- Treatment for 10 sessions (twice a week over 5 weeks) + drainage serum offered : **450 €**

- Treatment for 10 sessions + (twice a week over 5 weeks) + drainage serum offered + a visit by a dietician : **500 €**

- Additional treatments : **40 €**

** These practices are designed to give a feeling of well being.
They are not to be considered as cures and are in no way erotic.*

N° siret : 500 015 508 000 12