

*Sea cruise* 2h - 145 €

Relaxation in the **Sauna** 30 mins, body **Exfoliation**, The Beach full body **enveloping, well-being massage** 30 mins, **Infusion at the Beach**

*Iodine stroll* 1h30 - 110 €

Relaxation in the **Sauna** 30 mins, body **Exfoliation**, The Beach **well-being massage** 30 mins, **Infusion at the Beach**

*After surfing* 1h - 70 €

Relaxation in the **Sauna** 30 mins, **well-being muscular preparation or recuperation** 30 mins, **Infusion at the Beach**

*Family Parasol* 30 min - 110 €  
For 2

I love going to the Spa like a grown-up! A special moment in time between parent and child/adolescent : The Beach well-being massage, Infusion at The Beach – a precious time together to exchange confidences

*The Beach Massage* ★★☆☆

*There is only one kind of massage really : Yours!*

Composed only for you, each grain of sand is added intuitively for a moment of total bespoke relaxation taking your current individual needs into account. All our energy and emotion will be mobilised to create an individual work of art!

*Muscular Massages* ★★☆☆

Articulations Muscles  
**Californian  
DeepTissue**  
Sport Swedish Lymphatic  
Anatomy

Let yourself go with the movements of the sea - be it calm or agitated and strong - here you will enjoy exceptional waves and on the horizon you will see your muscles relaxed...

*Énergétic Massages* ★

Hawaiian  
Bali Siam Chinese  
Ayurvedic  
**Emotional  
Reflexology  
Energetic**  
Japan Thai Shiatsu  
Harmonize

Ancestral energetic philosophies reside at the heart of beaches worldwide We select with you the technique which suits you best, structured for a precise result : Physical, psychological or emotional.

*Happy in my flip flops* ★

Foot reflexology, foot massage on the zones that reflect the body, a sensation of abundance. And a lightness in the long term.

*Future Sandcastles* ★

Prenatal energetic massage for pregnant women (4th to the 8th month of pregnancy).

*Massage with warm volcanic stones* ★

Our hands are reinforced by the warmth of the volcanic stones which dance as they are poised on your points of energy in order to bring harmony and balance to the body.

*Draining Massage* ★

*Do I choose my one piece swimming costume... or my bikini ?* Our friends : small suction cups which surf your silhouette. For a slimming and draining effects.

*Light Legs* This manual draining technique favours and accelerates the lymphatic circulation allowing the reduction of the retention of water and cellulite.

*Solo or Duo Massages*

00h30.....55€ per pers. ★  
01h00.....90€ per pers. ★  
01h30.....130€ per pers. ★

*Like a grain of sand*

Body exfoliation with salts or grains for the softest skin  
30 min - 45 €

*Remineralising Envelopement*

Remineralising envelopment of the body for a remineralised skin.  
30 min - 45 €

*Talking about men* ♂ 1h - 85 €

Is your skin valued as it should be ? Our scents and textures are adapted to your skin type.

*Sunshinning dive for her* ♀

1h - 85 €

○ **Hydrating** Your skin will be deeply hydrated and soft – a treatment which repairs and calms the skin

○ **Purifying** Your skin will be deeply purified and detox – a treatment which clean the skin

*Seafoam* ♀♂

1h - 100 €

An ancestral anti-ageing treatment, small suction cups which surf your face and energetic points relax you for a deep well-being moment.