

## RITUALS

*Sea cruise* 2h30 175 €

Relaxation in the Sauna 45 min, tea time, body exfoliation, full body enveloping, well-being massage 30 mins

*Iodine stroll* 2h00 125 €

Relaxation in the Sauna 45 min, tea time, body exfoliation, well-being massage 30 min

*After surfing* 1h15 85 €

Relaxation in the Sauna 45 min, well-being muscular preparation or recuperation 30 min

*Family parasol* 45<sup>mn</sup> 120 €  
For 2 persons

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, tea time – a precious time together to exchange confidences

## MASSAGES

*Solo or Duo Massages* Per person

Prices

|       |       |
|-------|-------|
| 30 mn | 60 €  |
| 01h15 | 99 €  |
| 01h45 | 149 € |

Your welcome includes a personalize moment with our shiatsu pillows, our Flore Norman infusion and a conversation with us to identify your needs

## MASSAGES

*Creative Massage* 30' à 1h45 de 60 à 149 €

*There is only one kind of massage : 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!

Articulations Muscles  
 Californian  
 Deep<sup>Blood</sup>tissue  
 Sport Swedish<sup>Lymphati</sup>  
 Anatomy  
 Hawaiian  
 Bali Siam Chinese  
 Emotional  
 Ayurvedic<sup>Balance</sup>  
 Reflexology  
 Energetic  
 Japan Thai<sup>Shiatsu</sup>  
 Harmonize

*Happy in my flip flops* Reflexology 1h15 99€

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

*Future Sandcastles* Pregnant 1h15 99€

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

*Warm volcanic stones* Hot stones 1h45 149€

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

*Sliming massage* 1h15 99€

Our friends : small suction cups which surf your silhouette. For a slimming and draining effects.

*Light legs* Lymphatic draining 1h15 99€

Ce drainage manuel favorise et accélère la circulation lymphatique permettant de diminuer la rétention d'eau et la cellulite.

## BODY TREATMENTS

*Body scrub exfoliating* 30<sup>mn</sup> 60€

*Enveloppement remineralising* 30<sup>mn</sup> 60€

## FACE TREATMENTS

*For Him* 1h15 99€

*For Her* 1h15 99€

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

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

*Kobido* 1h15 99€

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