

Price list

Your body is a whole, not a sum of its parts. We work with a holistic approach to help you feel better completely and lastingly.

Massages

WELCOME MESSAGE

15min/20€

A brief session to get to know us and let you experience our approach. Ideal if it's your first time and you want to experience how the treatment feels before deciding on a full-service treatment.

RELAXING MESSAGE

30min/35€-60min/60€

A gentle and comforting massage that helps release tension and calm the mind.
In 30 minutes: back and neck or legs; in 60 minutes: full body.

THERAPEUTIC MESSAGE

30min/40€-60min/70€

A deeper, more personalized massage, designed to relieve specific physical discomfort (muscle contractures, overload, low back pain, neck pain, back pain, ...).
In 30 minutes: back and neck or legs; in 60 minutes: full body.

SPORTS MESSAGE

30min/45€-60min/75€

A deep, intense massage, ideal for both athletes and those seeking a thorough release of muscle tension. It helps prepare or recover the body after physical exertion and treat minor injuries or overuse.
In 30 minutes: back and neck or legs; in 60 minutes: full body.

OSTEOPATHY

60min/80€

Gentle manual therapy that seeks to balance the entire body by acting on the structural, visceral, and craniosacral levels. It helps normalize the function of the entire system, relieve pain, improve mobility, and promote body balance.

LYMPHATIC DRAINAGE

40min/50€-90min/90€

A manual technique that stimulates lymphatic circulation to reduce fluid retention, reduce tissue inflammation, and promote the elimination of toxins.

CRANIAL MESSAGE

20min/30€

A gentle technique that works on the head and neck to relieve tension, improve circulation, and promote a deep sense of calm and mental clarity.



HOT STONES

30min/45€-60min/65€

A relaxing massage that combines the warmth of volcanic stones with gentle movements to relieve tension, relax muscles, and provide a deep sense of well-being and balance. *In 30 minutes: only back; in 60 minutes: full body.*

REFLEXOLOGY

50min/55€

Manual therapy that stimulates specific points on the feet related to different organs and systems of the body. It helps improve internal functioning and restore harmony to the body.

Facial treatments

FACIAL CLEANSING

30min/40€-60min/60€

A treatment that deeply purifies and oxygenates the skin, removing impurities and dead cells. Leaving the face clean, fresh, and ready to better absorb facial care products.

DEEP ANTI-AGING HYDRATION

60min/70€

An intensive facial treatment that deeply nourishes and revitalizes the skin, improving its elasticity and radiance. It helps reduce the signs of aging and restore a fresh, firm appearance.

JAPANESE KOBIDO LIFTING

70min/80€

A traditional Japanese facial technique that combines precise, gentle movements to tone muscles, activate circulation, and stimulate natural collagen production. It provides an immediate lifting effect and a profound feeling of well-being.

Ayurveda

Traditional Indian medicine, focused on balancing body, mind and energy naturally.

PINDAS

90min/120€

Traditional Ayurvedic therapy that uses cloth sachets filled with warm herbs and oils based on constitution (vata, pitta, kapha). They are applied to the body with gentle massages to relax muscles, relieve pain, improve circulation, and eliminate toxins. Ideal for those seeking a profound experience of well-being and body-mind balance.



BODY DETOX

90min/100€

A treatment that helps the body eliminate toxins, reduce swelling, and regain energy. It combines natural oils, massage, and drainage techniques to thoroughly purify the body.

AYURVEDIC FACIAL

60min/70€

A natural beauty ritual based on Ayurveda that uses oils, herbs, and facial massages to nourish the skin, relax the features, and balance energy. It leaves the face radiant, toned, and harmonious.

HINDU HEAD MASSAGE

40min/60€

Traditional Indian therapy that works on the neck, shoulders, scalp, and face using special techniques studied over many years. It helps release tension, improve circulation, and relax the body and mind, promoting a deep sense of calm and well-being.

Energy therapy

REIKI

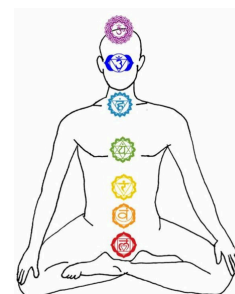
60min/60€

A technique of Japanese origin based on the transmission of energy through the laying on of hands to promote self-regulation and physical, mental, and emotional balance.

CHAKRA HARMONIZATION

60min/70€

Energy therapy that works on the seven main centers of the body, known as chakras, to help balance the flow of energy. When energy is blocked, fatigue, stress, or emotional distress can occur. Through gentle techniques and energetic contact, harmony is restored between body and mind, generating a feeling of calm, lightness, and overall well-being. Also working with essential oils and crystals/gemstones.



*If you have questions or aren't sure which treatment is best for you, don't hesitate to ask.
We'll be happy to guide you—your well-being is our priority.*

