



Emmanuelle's Massages

AT LA BARDE
MONTFORT

YOUR
APPOINTMENT
WITH
WELLNESS !

CALIFORNIAN DREAM MASSAGE (60MN-68€ / 90MN-98€)

A complete massage, from head to toes. For an extreme and total relaxation of immediate well-being, a deep relaxation while stimulating circulation and oxygenating the entire body.

DEEP TISSUES MASSAGE (60MN-68€)

A deeper massage method to relax the muscles and fascias in depth. Work on the back and the neck. This massage is not recommended for people prone to hypo or hyper tension and those with a history of heart diseases.

BAMBOOS MASSAGE (60MN-68€)

Smooth and flexible Bamboos will perfectly fit the contours, shapes and lines of the silhouette. This treatment improves blood circulation and lymphatic, tones. It relaxes the body, gives an incomparable feeling of lightness, eliminates toxins, improves the flexibility of the skin, softens muscles and tendons, relaxes the body and mind, fights fatigue and stress.

PREGNANT WOMAN'S SPECIAL MASSAGE (50 MN-58€)

Techniques and a special attention for this massage dedicated to pregnant women (between 3 and 8 months of pregnancy). It will thus relieve back pain, contribute to a better sleep, soften the skin by reducing the appearance of stretch marks and offer moments of relaxation and well-being essential for mom and baby.

FOOT REFLEXOLOGY (60MN-68€)

Reflex zone foot massage or plantaire reflexology is a complementary and natural medicine that, by pressure on specific reflex areas of the foot, improves blood and lymphatic circulation. By releasing harmful toxins from the body, this treatment contributes to the improvement of imbalances and stimulate the body functions, and help with insomnia, digestion, migraines, etc.

FURTHER INFORMATIONS

Contraindications to massages remain the same as for most techniques: fever, infection, wounds or skin problems, heart problem diseases.

For any advice or additional information feel free to ask Virginie or contact Emmanuelle by phone at +33 (0) 6 33 63 27 34.

Payment will be done directly to the masseuse in cash.

