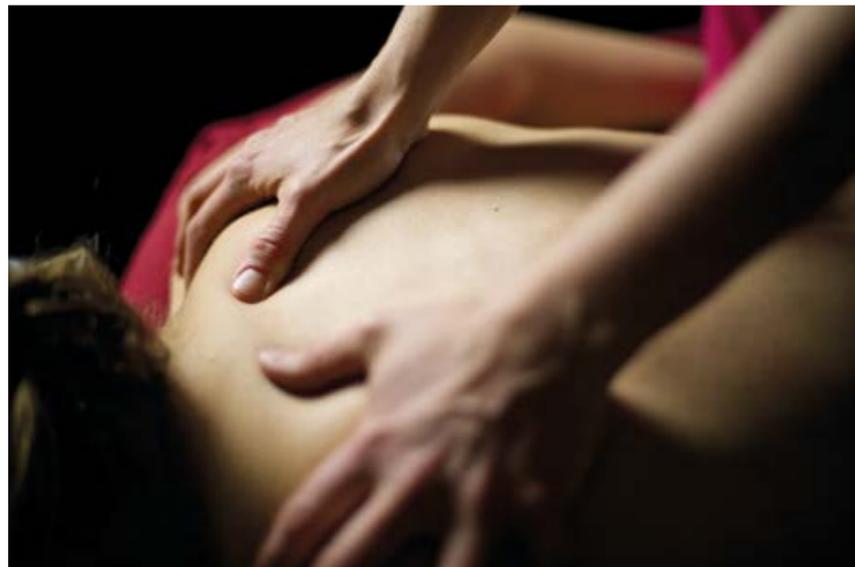


# Massages and Treatments Menu



**Cler Fiorelli, graduated in**

**Ayurveda** : diet, herbs and lifestyle from Vardan Ayurveda Nilayam (Rishikesh – India) – 2017

**Pregnancy Body Massage** from Ecole Corinne Bricout (France) – 2016

**Japanese facial massage and Swedish Massage** from Séyès Formation (France) – 2015,

**Foot Reflexology** from Old Medicine Hospital (Chiang-Mai Thailand) – 2012,

**Ayurvedic Massage** from Tapovan (France) – 2011,

**Ayurvedic Massage & Yoga** from S.M. Ayurveda Panchakarma and Yoga Therapy Centre (Kerala – India) – 2006,

**Ayurvedic Massage** from AyurvedaBrazil (São Paulo-Brazil) – 2004

**Master in Nutrition** from Anhembi Morumbi University (São Paulo-Brazil) – 2000.



Thanks to her professional experiences in different spas between 2007 – 2013, she has benefited from **protocols training in body and face** treatments by various internationally recognised brands of beauty such as; **Cinq Mondes, Crème de la Mer, Givenchy, Anne Semonin, Jeanne Piaubert et La Sultane de Saba.**

Your body will be respected, freed toxins,  
nourished and moisturised.

All the cosmetics products are naturel or organic.

The Massage oils are 100% vegetable origin.

## BLANCRÈME Paris

Cosmetic Delicatessen

Multi-sensory textures and beneficial ingredients. Paraben free.

All products are designed and manufactured in France.

## NATURA BRASIL

A natural and eco-friendly cosmetics company working towards sustainable environment, social support and faire trade.



## Facials treatments

### BLANCRÈME and NATURA BRASIL

#### Magic's Powders Facial

1h

A natural facial treatment made of herbs and pearls depending upon the needs and desires of your skin...

#### Natura Chronos; anti-aging signs

1h

A complete facial care with the best combination of actives and ingredients from the Brazilian biodiversity. Personalized treatment according to the needs of your skin and its unique relationship with time.



## Body care

#### Skin Dream Body Scrub

1h

Body scrubs made with real plants and crushed fruits, sugar or salts followed by moisturising with soufflé body cream or enhancing gold dry oil, which cleans and pampers your skin. Make your choice according to the desires of your skin.

#### Udvaartana

1h

Chick-peas flour, green clay and spices based scrubbing and slimming ayurvedic treatment. It improves lymphatic and blood circulations, acts on overweight problems and make the skin softer.

## Ayurveda

### The Art of Longevity and Vitality Indian Traditional Treatments

#### Abhyanga

45 min / 1h / 1h15 / 1h30

Full body massage with specific warm oil for each person's constitution (dosha). Stimulates energetic points (marmas), cleanses out toxins and dynamises the body circulatory systems. (On deluxe ayurveda's table).

#### Oriental Fusion Massage

1h / 1h15 / 1h30

Massage practiced on a futon on the ground, inspired by Indian and Thai techniques. Tonic pressure, stimulation of meridians (energy channels) and stretching exercises, giving a physical and energetic harmonization.

#### Divine Mandala

45 min / 1h

An Ayurvedic draining massage of the front of the body with a jasmine balm. Relaxation, balance and sensory journey..

#### Shiromarmas & Ears Candle

1h

Regenerating scalp, face and torso massages according to the art of marmatherapy (energetic points) and natural cleaning of the ear canal. Under the influence of heat, the candle increases blood flow and softens earwax favouring their elimination. This treatment helps to restore the body balance and deep sleep.

#### Pada Kesa Mardana

45 min / 1h

Head, hands and foot massage, these zones have a condensed whole body.

#### Mandala Belly Massage

30 min

Energetic belly massage practiced with mustard oil. Balances water (jala) element related to emotions.

#### Kansu

30 min

Foot massage realised with a cooper bowl and ghee to balance fire element. Soothes stress, anger and regulates sleep.

#### Eyesight's Secrets

45 min / 1h

Facial, back and kansu massages to improve eyesight.



To go further :

Interview « find out your deep nature according to Ayurveda »

# -Wellness massages from the world-

## **Ancestral Facial Japanese Massage** **1h**

It's the ancestral secret of Japanese youth! A harmonious blend of relaxing, draining and tonic massage. This massage involves an energizing phase using digital pressure alternating with sliding pressures. Truly manual lifting with restores radiance and youthful facial feature.

## **Swedish** **45 min / 1h / 1h15 / 1h30**

Mild or deep and stimulating or relaxing movements over the muscles to relax, soften, remove toxins, stimulate blood circulation, improve digestion and effectively relieve tension and fatigue.

## **Sport** **45 min / 1h / 1h15 / 1h30**

A deep muscular massage and stretching, to relieve, strain, eliminate accumulated toxins and strengthen your body before and/or after sport.

## **Thai Foot Reflexology** **1h**

Specific massage of pressure points on the foot reflex organs zones and an invigorating calf's massage for lightness and vitality.

## **Pregnancy Body Massage** **45 min / 1h**

A relaxing time for you and your future baby.

## **The Little Adventurer Massage** **30 min**

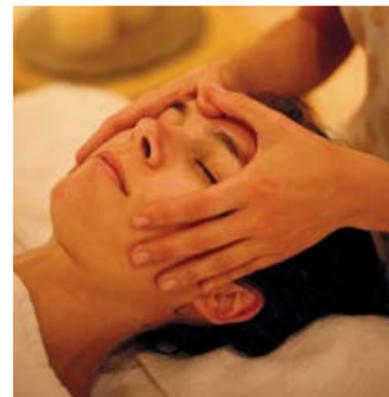
Children also deserve a relaxing time! Gentle massage of the entire body with chocolate or strawberry massage honey balm.

## **The Little Adventurer Facial Care** **30 min**

A relaxing and moisturizing facial treatment and head massage.



The well-being massages don't substitute any medical care or acts of physiotherapy. However, they can improve one's physical and emotional well-being.



Created by / Interligne - Photos: Julie Delias - Paul Henri de Bahère - Printed on recycled paper



**Brazilian Danse Classes**  
Private and group lessons  
Weekly lessons on Wenesdays at 8:30 p.m.



**Gift Invitation Voucher**  
An original gift! Offer a massage!

Massages and Treatments by appointment every day.  
The appointments have to be cancelled 24h in advance.  
If not, they will be invoiced.



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