

FACE TREATMENT & MASSAGE CARD

TAKE SOME TIME FOR YOURSELF.



LE MANOIR
DE GRESSY

OUR MESSAGES OFFER

- RELAXING** ■ **CALIFORNIAN MASSAGE**
Californian massage is a gentle, enveloping massage that provides warmth and gentle relaxation.
30min | 50€
- TONIFYING** ■ **DEEPTISSUE MASSAGE**
Slow but deep movements targeted at muscles and connective tissue. These movements release tension by applying a firm hand to the muscles until they become supple again.
30min | 50€
- ENERGISING** ■ **SHIROTCHAMPI MASSAGE**
Derived from Indian medicine, the areas worked on are the head, shoulders and neck. It relieves tension and reduces stress, headaches and sleep disorders.
30min | 50€
- RESCURING** ■ **PRE BIRTH MASSAGE**(contact us in advance)
Designed for pregnant women, it is performed in the side position on a large cushion to relieve any tension. Mainly designed to relieve back and leg pain, this massage promotes blood circulation and improves sleep.
30min | 50€

Sur rendezvous et sous réserve de disponibilités.

OUR FACIAL CARE TREATMENTS

BRIGHTENING CARE

Detoxifies, rehydrates and brightens the complexion. Suitable for all skin types.

30min | 50€

JAPANESE LIFTING

A purifying treatment based on Japanese techniques. This anti-ageing massage restores the skin's radiance. Your complexion emerges even, rested and lifted. Suitable for all skin types.

30min | 50€

FOOT TREATMENT

FOOT REFLEXOLOGY

This treatment is based on an ancestral manual method of acupressure on the foot's reflex zones, using rhythmic finger pressure to locate tension, decongest tissues and eliminate toxins in order to restore balance.

30min | 50€

Sur rendez-vous et sous réserve de disponibilités.