



La Touche Fanny

Massages & Treatments

Détoxifiers : 50 min – 100 €

- ➔ *The Russian with Acacia honey* : The morning detox treatment that softens our skin, restores its elasticity and nourishes it deeply! Recommended for diet too.
- ➔ *The Udvartana* : The dry scrub of Indian medicine. It tones, stimulates, drains our body and ... Beautifies our skin.

Relaxers : 75 min – 110 €

- ➔ *The Californian* : The ultimate unifier. It encompasses our entire body with ample, slow and enveloping movements. It gives us a feeling of security and cocooning.
- ➔ *The Psycho-sensory* : Its ultimate goal is to help us to feel the limits of our body and to redefine them while installing relaxation.
- ➔ *The Oriental* : Its vocation? To untie, drain and knead the body gently so that the flow of thoughts can be calmed.
- ➔ *The Abyanga* : It balance body and mind ! A subtle mix between dynamism and relaxation. It touches our being in its entirety.
- ➔ *The Well-being Shiatsu* : Clothes are allowed. It takes our mind on a journey through the practice of acupressure and rebalance us in depth.

The Therapeutics : 60 min – 120 €

By acting on one part of the body, we act on the whole body.

- ➔ ***The Cranial*** : Removes neck, skull, face tensions and intensely relaxes. Effective in case of headaches, eyes pain, sinuses trouble. Concentration and sleep love it.
- ➔ ***The Taoist Abdominal*** : It is the ally of the physical and emotional digestion. Coming straight from China. It acts on the fascias and the internal organs.
- ➔ ***The Stressed back*** : Postural and/or emotional stress? It does the job ! A combination of Thai and Swedish medicine. A deep massage who goes from the sacrum to the skull, passing by the shoulders.
- ➔ ***The Plantar*** : The foot reflexology of well-being as well as the kansu bowl are combined in the plantar to activate our self-healing potential.

The Féminine : 60 min – 130 €

- ➔ ***The Uterine*** : From the manual to the subtle, it aims at soothing physical and psychological pains linked to the wounds of the feminine.
- ➔ ***The Rebozzo*** : Clothes are accepted. Pregnant women love it because of the rocking and stretching. All those who wish to open themselves to a renewal visit it.
- ➔ ***The Special Pregnancy*** : It offers a space of relaxation and connection to your mother-child duo while relieving the discomforts of pregnancy.