

Massages	Duration (incl. 15 min talking time)	Package Prices*	Standard Prices
<p>Sportive massage</p> <p><i>For athletes or for anyone in need to relieve muscles tension.</i></p> <p><i>Deep muscles work, stretching and drainage are the ingredients of this very effective massage.</i></p>	1h15 / 1h45	65€ / 75€	75€ / 85€
<p>Relaxing massage</p> <p><i>It stimulates muscles at 3 levels and re-harmonizes the body with these encompassing movements.</i></p> <p><i>For absolute relaxation, it is accompanied by acupressure.</i></p>	1h15 / 1h45	65€ / 75€	75€ / 85€
<p>Pregnancy massage</p> <p><i>Massage practised with your pregnancy pillow.</i></p> <p><i>Movements are adapted to your needs: swollen legs, kidney, back pain, sleeping disorder, digestive discomfort ...</i></p>	1h15 / 1h45		65€ / 75€
<p>Signature massage</p> <p><i>Combination of various techniques for a tailor-made massage.</i></p> <p><i>I listen to your body and using all techniques I know (sports massage, harmonizing massage, reflexology, chi nei tsang, meridians, chakras ...) I create a massage for your needs of the moment.</i></p>	1h15 / 1h45	75 €	85 €
<p>Back massage</p> <p><i>Combinaison of various pressures &amp; techniques.</i></p> <p><i>The massage focuses on the back, neck and shoulders, face and scalp.</i></p>	45min	35 €	45 €
<p>Massage &amp; reflexology</p> <p><i>Combine benefits of reflexology &amp; massage.</i></p> <p><i>Release muscles tensions and boost your health.</i></p> <p><i>Access total relaxation by combining a massage, adapted to your needs, with reflexology.</i></p>	1h45	75 €	85 €
<p>Back massage &amp; Kobido</p> <p><i>Beauty, Relaxation &amp; Effectiveness.</i></p> <p><i>The first part of the massage focuses on the back, neck, shoulders and scalp. You are relaxed, ready to welcome the KOBIDO (anti-aging facial massage).</i></p> <p><i>For women, it is advisable to come without makeup; note that for scalp massage oil is being used.</i></p>	1h35	75 €	85 €

\* price per unit for packages of 6 sessions, valid 7 months, payable at once.

Reflexology	Duration (incl. 15 min talking time)	Package Prices*	Standard Prices
Feet reflexology	1h15	55 €	65 €

## Alliance of relaxation and health.

Reflexology deeply cleanses the body. It stimulates points which rebalance the various organs of the body.

This foot massage brings an extraordinary degree of relaxation such as during meditation, when conscious and unconscious speak in harmony.

If you wish, at the end of the massage, I can :

- \* share with you the areas detected as strong and / or sensitive,
- \* discuss together little tips to make last the benefits of the session.

Feet reflexology for kids	30 min	n/a	25 €
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Accessible from birth, reflexology can help calm down:  
nightmares, digestive problems, repeated cough, hyperactivity...

Reflexology helps your child to settle down and reconnect with his/her strengths.

Reflexology accompany her/him in

- \* discovery of his /her emotions,
- \* arrival of a little brother or sister,
- \* separation of parents,
- \* move out",
- \* change of school

...

Feet & palm reflexology	1h30	70 €	80 €
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Feet are the unconscious, Hands are the conscience.

At the end of the session body and soul are in harmony.

Reflexotherapy	1h30	n/a	75 €
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Beyond reflexology.

Reflexotherapy accompanies us on a problem, a search for the source of the discomfort that the body makes us experience.

It gives priority to awareness by letting the body speak and then by raising awareness of what can be.

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KOBIDO - Face lifting massage	Duration (incl. 15 min talking time)	Package Prices*	Standard Prices
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Kobido		50 €	55 €
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Japanese beauty ritual.

Lifting anti-ageing face massage.

KOBIDO takes care of the body and the mind.

More info: [www.en.spreflexologie.com/kobido](http://www.en.spreflexologie.com/kobido)

Kobido & palmar reflexology		70 €	75 €
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Anti-ageing lifting face massage & hand reflexology.

For a more lasting effect and to boost your health in depth, KOBIDO goes with a massage on the hands, a palmar reflexology.

Kobido & Back		75 €	85 €
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Beauty, Relaxation & Effectiveness.

The first part of the massage focuses on the back, neck, shoulders and scalp.  
You are relaxed, relaxed to welcome the KOBIDO (anti-aging facial massage).

For women, it is advisable to come without makeup; note that for scalp massage oil is being used.

\* price per unit for packages of 6 sessions, valid 7 months, payable at once.

Chi Nei Tsang - abdominal massage	Duration (incl. 15 min talking time)	Package Prices*	Standard Prices
<p>Chi Nei Tsang</p> <p><i>Taoist abdominal massage.</i></p> <p>As reflexology, Chi Nei Tsang is a health-massage, derived from Chinese medicine.</p> <p>This massage relieves digestive ailments. At the end of the session, the belly is flattened.</p> <p>This massage can also relieve back pain and digestive system dysfunctions having an effect on the spine.</p> <p>Particularly indicated for:</p> <ul style="list-style-type: none"> <li>* desire to take care of one's health,</li> <li>* diet and pathologies of the digestive system: diabetes, food intolerances</li> <li>* eating disorders (anorexia, bulimia, overeating, compulsions / food addictions ...</li> <li>* post pregnancy.</li> </ul>	1h15	65 €	75 €
<p>Chi Nei Tsang &amp; Dos</p> <p><i>Taoist abdominal massage &amp; back massage.</i></p> <p>As reflexology, Chi Nei Tsang is a health-massage, derived from Chinese medicine.</p> <p>Completed with the back massage, this treatment offers deep and lasting relaxation to your back.</p> <p>Particularly recommended for people with back pain and digestive discomfort.</p>	1h45	75 €	85 €
<p>Chi Nei Tsang &amp; Réflexo</p> <p><i>Taoist abdominal massage &amp; foot reflexology</i></p> <p>As reflexology, Chi Nei Tsang is a health-massage, derived from Chinese medicine.</p> <p>Associated with plantar reflexology, this treatment allows to deeply rebalance the whole body and to improve health on the long term.</p> <p>It can also help identifying the origin of the disequilibriums.</p>	1h45	75 €	85 €

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Lymphatic Drainage	Duration (incl. 15 min talking time)	Package Prices*	Standard Prices
<p>Lymphatic drainage</p> <p><i>Legs &amp; abdominal massage.</i></p> <p>Like reflexology, lymphatic drainage is a health-massage.</p> <p>Unlike blood with the heart, lymph does not have a central pump. Its circulation is stimulated only with our movements and our breathing. If its circulation is hampered, then welcome to: water retention, muscles fatigue, heavy legs ...</p> <p>After a viral illness, the lymph, which collects waste from the body, may become heavier and might be facing difficulties cleaning itself naturally.</p> <p>Soft movements of lymphatic drainage stimulate circulation and help eliminating waste.</p> <p>Particularly indicated in following cases:</p> <ul style="list-style-type: none"> <li>* Muscle recovery for athletes,</li> <li>* Water retention (women, pregnancy, menopause),</li> <li>* Swollen legs,</li> <li>* Recovery after a viral illness.</li> </ul>	1h15 / 1h45	65€ / 75€	75€ / 85€

Lymphatic drainage & Reflexology	1h45	75 €	85 €
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*Legs & abdominal massage and plantar reflexology*

*Like reflexology, lymphatic drainage is a health-massage.*

*Associated with plantar reflexology, this treatment allows to deeply rebalance the whole body and improve health on the long term. It can also help defining the origin of the disequilibriums.*

*Particularly indicated in the following cases:*

- \* recovery after a viral illness,*
- \* pregnancy,*
- \* diet, desire to lose weight.*

NB: if you are trying to lose weight and despite your efforts, the body still does not "let it go", this massage is recommended for you.

More information: <https://en.spreflexologie.com/contact>

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## You can add to each massage

Palm reflexology (20 min)	15 €
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Back massage (30 min)	30 €
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