

Treatment menu by Decléor

Women Treatment

Face Treatment

Armoplastie

Aromatherapie face treatment for all type of skin, including deep cleaning, scrub, skin renewing mask and long of smoothing manual massage.

60mn 50€

Aroma expert

75 minutes specific face treatment, including 15 minutes relaxing back massage, then 1 hour made to mesure face treatment for visible results.

75mn 60€

Aromatic massage

Traditional massages from various origins of essential oil, depends on your way of feeling: relax, detox, tonic or flow.

60mn 60€

Body Treatment

Aroma body scrub "silk skin"

15 minutes of hammam, natural herb body scrub, long soothing massage with a body milk.

60mn 60€

Aroma body wrap "baby skin"

15 minutes of hammam, ultra repairing wrap with agrum butter rejuvenating, "cocoon" massage.

60mn 60€

Aroma "light legs"

Body natural scrub, legs beauty mask with laminary algae and plants extracts, combined with a head massage and followed by a body flow massage.

60mn 60€

Hands treatment

Hands and nails treatment

60mn 30€

Foot beauty treatment

Relaxing bubble bath, foot scrub, nails cleaning, massage light polish application

60mn 30€

Color polish application extra

15mn 8€

Men Treatment

Exclusive face treatment

Skin cleaning, scrub, energizing manual massage, moisturizing or clarifying mask depending on skin type

60mn 60€

Aroma "reconfort": 30 minutes to discover...

Foot massage or hand massage or back massage or head massage

30mn 35€

Back purifying treatment

Relaxing purifying treatment including 15 minutes of hammam, energizing scrub, clarifying mask, manual relaxing massage

45mn 50€

Treatment menu by "Kashmir and Siam" selection

Thaï massage

60mn 60€, 1h30 80€

Traditionnal thaï massaging technique on a futon, light close to you, consisting in gently stimulating the body's meridian points to regain a sense of calm. Brings relief to muscles and joints.

Foot thaï reflexology: Time to...take you away from it all

60mn 60€

Pressure of sole reflex points with a traditional wood stick, help to eliminate stress, tension and ensuring mental and muscular relaxation, including foot and legs massage.

Balinais massage

60mn 60€

Inspired by thaï and ayurvedic techniques. This massage brings deep down relief to tense areas through the application of pressure, kneading and stretching movements intended to restore energy and vigor.

Indian head massage: energizing massage

30mn 40€

This all time Indian massage is one of the most energetic head massage that restores tone and vitality. Specially formulated for massage fans looking for new sensations.

Massage work shop

90mn 80€

Always wanted to learn massage?

This work shop gives you the opportunity to discover the basic notion of acu-pressure. 30 minutes to give and practice exercices step by step on your partner one after another. Followed by 1 hour of full body massage by a professional.

Our massage are neither medical or paramedical.

All of them are well-being, aesthetic and non therapeutic treatments.

The term "massage" may also be used to express body modelling, done using different and varied techniques by masseurs trained in authorized centers or beauticians.

"Hatha Yoga" and "Ruesri Dat On" course

Private course

2 persons

60mn 50€

60mn 30€ per person

All of ours yoga and ruesri dat on activities, face and body treatments are suggested to our Relais de la Poste residents but also to our guests from outside.