



## OUR TREATMENTS

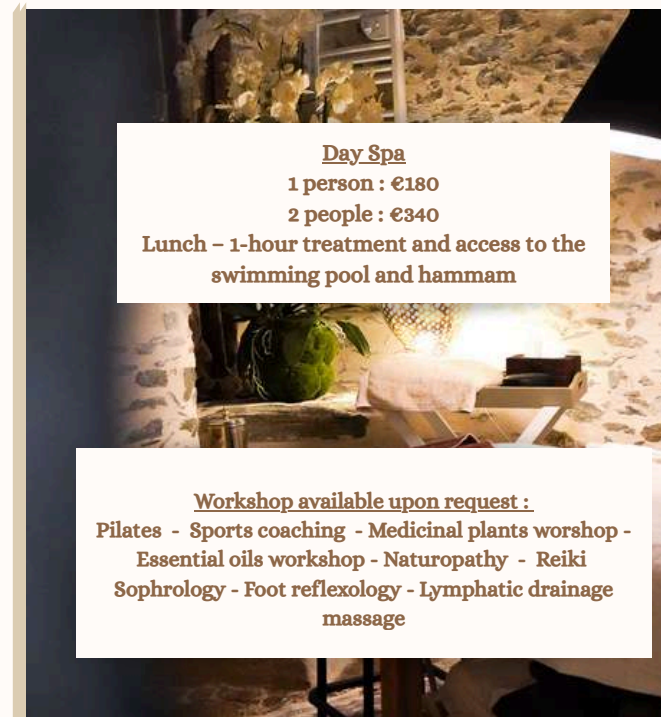
- ✦ **THE RITUEL OF ORIENT** - Body and facial treatments - 1h30 - €160  
To travel to the heart of the oriental hammam tradition, this ritual, consisting of a purifying treatment with Beldi black soap followed by a body scrub (30 minutes in the hammam), will leave your skin soft, satiny and renewed. It is completed by a Signature du Château massage (1 hour).
- ✦ **SOUND MESSAGE** - Massage - 1h - €109 - Massage - 1h30 - €160  
This session combines the power of sound massage (singing bowls, gongs, chimes) with Emotional Freedom Technique (EFT) to release inner blockages. It helps to calm the mind and regulate buried emotions.
- ✦ **HYPNOSIS SESSION** - Treatment - 1h30 - €129  
Immerse yourself in an altered state of consciousness to learn how to free yourself from overwhelming emotions, stress, or fears.

- ✦ **THE CHATEAU SIGNATURE TREATMENT \*** - Body treatment - 1h - €109  
This unique full-body treatment is a warm oil massage that combines gliding pressure, kneading, and stretching techniques for a deep release and relaxation. The expert hands of our practitioners will focus on tension points to eliminate toxins and muscle pain, providing you with a lasting sense of relaxation.

\*Possibility to combine it with cupping therapy (suction cup technique)

- ✦ **THE SUBLIME** - Facial treatment and massage - 1h - €109  
This facial treatment will give you a moment of deep relaxation thanks to the benefits of Douce Angevine products. Thanks to a complete ritual (application of a scrub, hand and foot massage during the mask application, treatment) your skin will be plumped and illuminated for a stunning before-and-after effect. You can choose the mask suited to your skin on site : hydrating and skin-perfecting, radiant, anti-aging.

- ✦ **INFINITY** - Body and facial treatments - 1h30 - €160  
This comprehensive hot oil face and body massage combines slow, deep movements with techniques that boost your body's energy. It's paired with a facial massage, which has proven benefits : radiance, relaxed features, and toned skin ! Rediscover a sense of fullness and pure well-being after your treatment.



### Day Spa

1 person : €180

2 people : €340

Lunch - 1-hour treatment and access to the swimming pool and hammam

### Workshop available upon request :

Pilates - Sports coaching - Medicinal plants workshop -  
Essential oils workshop - Naturopathy - Reiki  
Sophrology - Foot reflexology - Lymphatic drainage  
massage



## OUR TREATMENTS



### **ESALEN SENSORY MASSAGE** - Treatment- 1h - €140 / 1h30 - €199

This oil massage offers a conscious, nurturing touch that invites you to surrender to the flow and rhythm of the oceanic currents and waves moving through you. It is an invitation to experience a complete treatment, with special attention given to natural gestures and rhythms.

This treatment encourages the free circulation of energy and vital currents throughout the body, supporting cellular regeneration and fostering a deep sense of inner safety and well-being.

A hands-on treatment in service of your natural flow.



### **LEMNISCATE POLARITY MASSAGE** - Treatment- 1h - €140 / 1h30 - €199

The lemniscate (the symbol of infinity) and polarity are fundamental principles in energetic bodywork.

Everything exists in duality; every body carries yin and yang poles, complementary opposites. The lemniscate acts as a bridge, connecting these polarities within our cells.

This dynamic oil massage creates a unique and sacred space to restore the body's energetic balance. Through gentle laying on of hands followed by specific lemniscate movements performed across the entire body, the treatment promotes the free circulation of fluids and energy.

A hands-on treatment in service of your natural rhythm.



### **ENERGY HEALING MASSAGE** - Massage - 1h - €140 / 1h30 - €199

The specialty of this massage is its ability to significantly enhance the body's metabolism and help relieve muscular discomfort, digestive tension, and energetic blockages. Through a variety of techniques and movements, the body is encouraged to release both physical and emotional tension, supporting its natural self-healing abilities through overall rebalancing.



### **AYURVEDIC ABHYANGA MASSAGE** - Body treatment - 1h30 - €199

Rooted in the ancient Indian healing tradition of Ayurveda, meaning "Knowledge of Life," this warm oil treatment aims to harmonize body and mind while restoring energetic balance. Combining alternating invigorating and relaxing movements, long flowing strokes, and targeted pressure techniques, this treatment promotes deep relaxation, surrender, and stress reduction.



### **FOUR- HANDS MASSAGE** - Massage - 45 minutes - €199

The four-hand massage is a unique sensory experience. Two therapists perform a synchronized choreography of movements that awaken the senses and relax the body through the graceful ballet of their hands. An exceptional invitation to complete surrender and deep relaxation.



### **ON PEDESTAL** - Foot Massage and reflexology - 1h - €109

Combining reflexology and massage techniques, this deeply relaxing foot treatment restores comfort, lightness, and softness.

By stimulating meridian points and reflex zones, the treatment encourages the circulation of energy throughout the body and helps reduce stress.



### **CUPPING MASSAGE** - Massage - 1h - €109

This fluid and intuitive treatment soothes and releases deep-seated tension. The massage follows the body's natural rhythm to relax contracted areas and restore ease. The cupping technique enhances the benefits of the treatment by stimulating circulation, relieving muscular discomfort, and helping to release tension and pain.