



LES SÉRAPHINES

Maison d'hôtes





Personalized Massage

Tailor made !

Stop wondering which massage is most suitable for you and instead discover the one that precisely meets your desires! Inspired by techniques from the five continents, each massage is a unique creation that will deeply relax you. If needed, I also incorporate osteotherapy and reflexology techniques. Choose the level of pressure, whether gentle or firm. Feel your face and scalp calming, your back, neck, and arms gradually relaxing, your legs becoming light... Let yourself be charmed by this customized massage that provides you with delightful comfort.



Season Massage

Energizing and revitalizing

Treat yourself to a massage tailored to the rhythm of the seasons!

Winter

Your body deserves special attention during this time. With a decrease in morale and motivation, holiday excesses, and a decrease in your self-esteem... This massage combines Chinese acupressure techniques and Swedish effleurage to become your winter ally. It revives your vital energy and allows you to regain confidence and a positive outlook. It's enveloping and gentle, precisely what we need during a period when we enjoy taking our time, slowing down, and pampering ourselves.



Deep tissue Massage

firm and invigorating

Discover the Deep Tissue massage, specially designed to reach deep into the muscle fiber. Combined with sports massage, the slow and precise movements bring you a great feeling of lightness. You feel the knots and adhesions release, and your skin becomes more supple. Many benefits accompany this massage: a decrease in muscle pain (especially in the dorsal area), a reduction in inflammation, an improvement in the healing process (e.g., scar tissue).

If you enjoy firm and intense massages, you're in for a treat!



Pregnant woman Massage

soft and relaxing

Looking for a unique experience with your baby?

Every gesture is tailored for optimal safety and the comfort of the little one you're carrying. This massage is gentle and incredibly nurturing. The light pressure offers you deep well-being while strengthening your emotional bond with your baby.

Enjoy these multiple benefits: stress reduction, improved sleep, relief from lower back pain, and feelings of heavy legs... This massage brings you immediate comfort to experience your pregnancy with serenity.

Starting from the 4th month.



Massages of the world

Exotic and revitalizing

Want to travel and discover one of the world's massages?

- * The relaxing Californian/Swedish with its mix of kneading and gliding. A complementary alternation that allows you to achieve perfect relaxation for a soothed body.
- * The Balinese cocooning with its gentle and deep movements. Enjoy this highly enveloping sensation and also benefit from its draining, detoxifying, and reshaping effects on your silhouette.
- * The powerful Lomi-Hawaiian to knead the muscles deeply. Taste a firm and invigorating massage of your entire body in this massage performed with elbows and forearms. Muscle relaxation and an intense feeling of lightness.
- * The luxurious Ayurvedic spa ritual born from the encounter between Ayurveda and aromatherapy. Thanks to luxury quintessences (a combination of essential oils and absolutes) and herb pouches, your skin is deeply nourished. You experience an intense olfactory journey.

(luxury products supplement: + €40)

Which destination makes you dream the most?



Facial treatment

“Coup d’éclat”

Do you dream of fresh, radiant skin that gives you a glowing complexion?

Discover the benefits of the radiance-boosting facial treatment! This complete hydrating treatment provides a true oxygen boost to your skin, revitalizing it deeply.

Imagine yourself lying in a cocoon of softness while I take care of your face, no matter your skin type. And that's not all! In addition to radiant skin, you'll also enjoy an absolute moment of relaxation: soothing music and a hand and scalp massage to chase away every trace of stress.

“Anti-âge”

Do you wish to discover the secret to firm and radiant skin?

This firming treatment is specially designed to reduce signs of aging and restore your skin's firmness.

Picture yourself with smooth, radiant skin full of vitality... A real boost for your well-being! In addition to reducing wrinkles and fine lines with specific techniques, it deeply moisturizes, regenerates your skin, and gives it a natural glow. And to perfect this treatment, you will also appreciate the accompanying head and hand massage... Ready to take care of yourself to feel radiant?