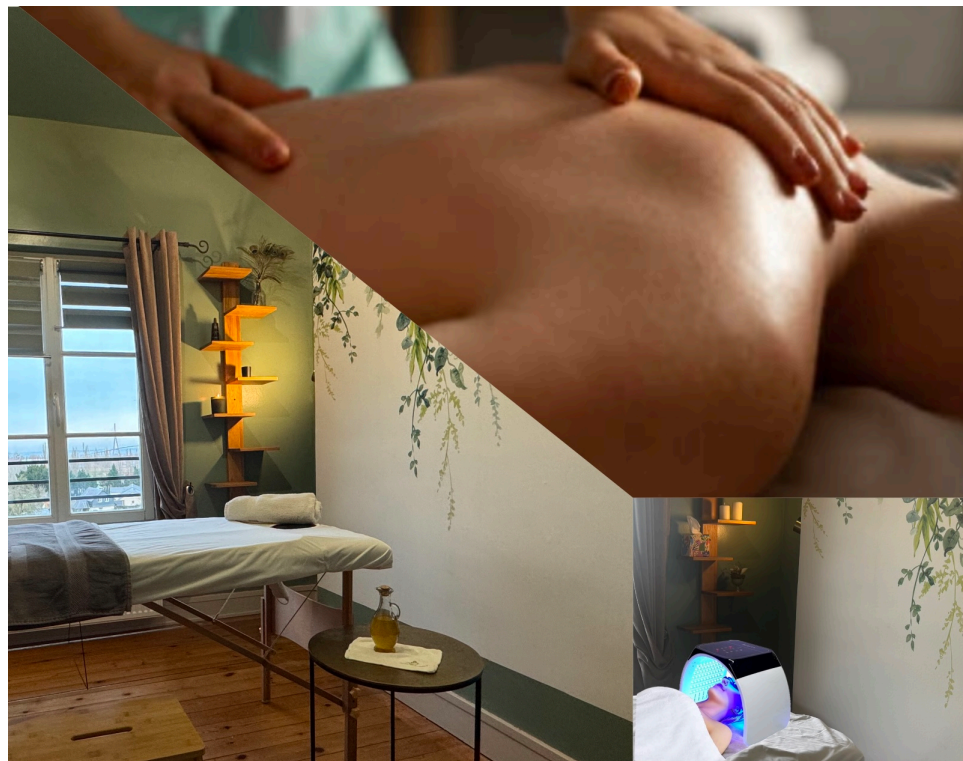


TREATMENTS



TREATMENTS INSPIRED BY NATURE

A space dedicated to your well-being..

Welcome to a place where every detail has been designed for total relaxation. Run by professional practitioners, this space is designed to soothe the body and mind. In a serene and harmonious atmosphere, you will be transported far away from everyday stress for an unforgettable experience.

SPA access : 25€ *

OFFRE DECOUVERTE

75 €

(complimentary spa access)

- **Massage Californien** : Release deep tension and reduce muscle spasms. This massage consists of fluid, enveloping movements, alternating with firm pressure.
- **Massage Plénitude**: Experience a deep sense of well-being thanks to gentle, harmonious movements that promote total relaxation of the body and mind.
- **Sublim'visage** : Revitalize your complexion and make your skin more radiant and rested. Based on Kobido massage, this treatment is ideal for oxygenating dull and tired skin.

- Choose from 30-minute massages targeting a specific part of the body in consultation with the practitioner.

PROGRAMME SIGNATURE

95 €

(complimentary spa access)

- **Horizon Zen** : Make the most of this special moment with a full Californian body massage and a personalized assessment to improve your physical condition and prevent everyday aches and pains.
- **Renaissance sublime** : Boost your body and revitalize your complexion. This massage detoxifies the body with gentle strokes that drain toxins while your complexion is illuminated with LED light therapy.
- **Kobido** : Boost your collagen production with this ancient Japanese facial massage technique. You will enjoy its rejuvenating effects, firming your skin and smoothing your wrinkles.



Visit our on-site spa and immerse yourself in a lush green setting. Surrounded by vegetation in the heart of our garden, it features a 4m x 4m pool equipped with massage jets and an aqua bike. A sauna and tea room will complete your experience.

* 45-minute private spa sessions for two people : 25€

RESERVATION RECOMMENDED:

By phone : +33(0)6.16.98.00.10

By email : contact@terre-estuaire.com

Opening : 10h00/20h00 every day