

# 5 l a s s e r r e

MAISON D'HOTES DE PRESTIGE | BESPOKE BED & BREAKFAST

## M A S S A G E T H E R A P I E S

### \* CALIFORNIAN MASSAGE

We call this massage our 'wine down' massage. Combining fluid and enveloping movements the goal of this massage is to bring relaxation to the body's superficial muscle groups. This soothing massage eases both physical and mental tension.

Duration : 50 mins

Price per person : € 75 VAT incl.

### \* HOT STONES MASSAGE

Hot stone massage is a specialty massage where the therapist uses smooth, heated stones as an extension of their own hands, or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles

Duration : 50 mins

Price per person : € 90 VAT incl.

### \* AYURVEDIC MASSAGE

This deeply relaxing massage is a whole body massage involving energy balancing long strokes and warm oil application.

Most likely you'll fall in love with this treatment that treats not just the body, but also the nervous system, brings deep nourishment to all the cells and tissues as well as the mind

Duration : 50 mins

Price per person : € 90 VAT incl.

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### M A S S A G E T H E R A P I E S

#### \* BALINESE MASSAGE

Subtle balance of rich and varied techniques from different cultures (Indian, Indonesian, Chinese) and combining tonicity and relaxation. Detoxifying, soothing and muscular relaxation. Improved blood circulation.

Duration : 50 mins

Price per person : € 75 VAT incl.

#### \* THAI MASSAGE

Tonic and very supported for a deep muscular relaxation and a revival of vitality. Energetic, mental healing, improved sleep and blood circulation.

Duration : 50 mins

Price per person : € 90 VAT incl.

#### \* REFLEXOLOGY

The main focus of reflexology is on the reflex points in the feet and hands. It is believed in ancient China that different points of the body can be treated through reflex points in these areas. It has become a very popular therapy for relieving different kinds of pains and stress

Duration : 50 mins

Price per person : € 75 VAT incl.

#### \* 'TARGET' MASSAGE:

- Head Massage: Shoulders, neck, face and scalp will be treated with this gentle and soothing massage. Chases accumulated fatigue.
- Back massage: Soft and deep strokes will resolve the accumulated tensions. Improves posture.
- Massage Hands and / or Feet: Very relaxing massage whose effects are fast and lasting. Relieves tension and anxiety. Increased flexibility of the joints. Improves sleep

Duration : 50 mins

Price per person : € 75 VAT incl.

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### F A C I A L   C A R E

#### \* FACIAL MASSAGE

Using one or more mixture of oils, according to your skin properties, awaken and bring back that youthful glow with this highly advanced, highly effective facial massage. Using a precise method, and a delicate touch, this massage will provide a rested and regenerated skin & a general wellbeing.

Duration : 60 mins

Price per person : € 75 VAT incl.

#### \* LYMPHATIC DRAINAGE MASSAGE

The lymphatic channels are just under the skin, so this drainage is extremely gentle and follows both the specific path of the channels and the slow rhythm of the lymphatic system inside.

Duration : 60 mins

Price per person : € 75 VAT incl.

For wrinkles, crow's feet, fatigue traits. It regenerates tissues, causes immediate shine and a general beneficial relaxing effect.

#### \* KLAMATH DRAINAGE MASSAGE

With klamath seaweed, hyaluronic acid and Co Enzyme Q10

Klamath seaweed is exceptional in nutrients (vitamins, trace elements, minerals, proteins). It is sourced from a volcanic lake in Oregon (Usa). Associated with hyaluronic acid (hydrating) and CoEnzyme Q10 (invigorating), this treatment, completed by a drainage, brings to the skin a real cure of youth.

Duration : 1Hr20 mins

Price per person : € 125 VAT incl.

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## WELLBEING

### \* YOGA KUNDALINI

Duration : 60 mins

Single session : € 75 VAT incl.

An uplifting blend of spiritual and physical practices, Kundalini Yoga incorporates movement, dynamic breathing techniques, meditation, and the chanting of mantras.

The goal is to build physical vitality and increase consciousness.

### \* YOGA 'TARGET'

Duration : 60 mins

Price per person : € 75 VAT incl.

Choose one targeted session of your choice:

- Breathing: Where it all begins. The ABC of anti stress and vitality
- Yoga Gym: Traditional gymnastics, combined with breaths to harmonize body and mind.
- Special Tummy: To feel and work the deep abdominals, improve digestion and elimination; have a positive impact on stress.
- Special Back: To gently stretch and soften, relieve tension, strengthen deep muscles; Includes pelvis and neck.
- Kit for All Life: 3 modules :

- Start your day (morning routine easy and effective)
- Anti-stress centering (conscious breathing techniques)
- Prepare your sleep (how to clear the overflow of the day)

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### W E L L B E I N G

#### \* REIKI

Duration : 1Hr45 mins

Price per session : € 75 VAT incl.

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" along the fully dressed human body.

Reiki practitioners draw on a higher energy, which flows into them and out through their hands, into the person they are working with. Reiki is spiritual in nature and also scientific in nature.

#### \* SOPHROLOGY

Duration : 50 mins

Price per session : € 75 VAT incl.

Sophrology is a structured method created to produce optimal health and well-being. It consists of a series of easy-to-do physical and mental exercises that, when practiced regularly, lead to a healthy, relaxed body and a calm, alert mind. The exercises are called dynamic relaxation (relaxation in movement).

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## INFORMATION

contact@5lasserre.com | www.5lasserre.com

### RESERVATIONS

We suggest you book your treatments or wellness sessions in advance (and or before your arrival) so that we can coordinate with our exclusive partnering therapists and thus guarantee you your selected day and time of choice for your session.

### ARRIVAL AT THE RELAXATION CENTER

We advise you to arrive 10 minutes before the initial scheduled session to allow you to discuss with the therapist of any preferences. Please, be aware that late arrivals may decrease the time of your care or wellness session and that, without modification or adjustment of the booked session's price.

### HEALTH PROBLEMS

If you suffer from any health problems, it is your responsibility to consult a doctor before undertaking any of our services. Please kindly also inform our therapist of any possible health problems. This will allow him or her to better advise you or suggest on the benefits and products that suit you best.

### PREGNANCY AND POST-NATAL

It is essential that future mothers inform the therapist of their condition when they meet as some type of massages or products may not be suitable for pregnant women. Fyi, no session will be allowed during the first trimester (12 weeks).

**CANCELING PROCEDURE.** Please notify us 24 hours before your treatment or wellness session if you wish to cancel it. Within this period all changes and cancellations may be subject to charges.

### PAYMENT

Your therapeutic massage or session will be paid at the end of your stay. The charges will be reflected on your final bill.

### RESPONSIBILITY

Under no circumstances can 5 lasserre be held responsible for the unforeseen and or force of nature circumstances which might require the cancellation of the planned massage or wellness session. Nor, for the improper performance of the service since these services are presented by outside service providers.