

# A SPERANZA- SUITES DE CHARME BY ACHEDA

THOSE CARES ARE PROVIDED BY DAIVA

## AYURVÉDIQUE MASSAGE

60 MIN • 120.00 €

*Combined with oils and plants, Ayurvedic gestures help prevent and manage stress, promote toxin elimination and cell regeneration, combat fatigue and insomnia and insomnia, and facilitate venous circulation.*

## SUÉDOIS MASSAGE

60 MIN • 120.00 €

*This treatment features 5 different gestures: effleurage, sliding pressure, kneading, twisting and stretching. The benefits of these techniques are to relieve muscular tension, firm tissues and stimulate the lymphatic system to eliminate toxins*

## COCOONING MASSAGE

60 MIN • 120.00 €

*This care is realized with fluid and harmonious movements.  
This massage gives you a real sense of well-being.*

## DRAIN MASSAGE

60 MIN • 120.00 €

*This treatment aims to evacuate toxins from the body and improve lymphatic circulation, while strengthening the immune system. Ideal for heavy legs, restless nights, aches and pains and digestive problems.*

## DEEP TISSUE MASSAGE

60 MIN • 130.00 €

*This massage is recognized above all for its effects on the musculature, providing better adhesion with the tissues and loosening up the fascia, giving the muscle more space allowing it to relax more easily.*

## SOIN DOLCE PIACERE

90 MIN • 180.00 €

*A complete care product with donkey's milk and honey, 100% natural CRENA CARE SPA COSMETICS"  
15 min sauna*

*Face care 60' - Make-up removal, exfoliation and massage*

*Body Care 60' - Exfoliation and massage*

## PERSONALIZED MASSAGE

90 MIN • 180.00 € - DEEP TISSU 190 €

60 MIN FOR TWO • 240 €

BOOKING AND PAYMENT

AT THE RECEPTION.

RESERVATION CANCELLED WITHIN 24 HOURS WILL BE INVOICED AT 50% OF THE COST

THESE TREATMENTS ARE PROVIDED BY MARYLENE  
SOPHROLOGIST, RELAXOLOGIST, QUALIFIED ENERGY PRACTITIONER

**ABHYANGA (ÉNERGETIC) MASSAGE**

**60 MIN • 120.00 €**

*Restore harmony of body and mind through energy rebalancing.  
This care works on the physical, mental, emotional and spiritual levels,  
This treatment with essential oils and crystals relaxes muscles, relieves pain and reduces anxiety.  
for a real sensation of peace and well-being*

**HARMONIZING MASSAGE**

**60 MIN • 120.00 €**

*It calms the mind and deeply relaxes the body.  
This care is realized by enveloping, deep, energetic and invigorating techniques.*

**RELAXING MASSAGE**

**60 MIN • 120.00 €**

*As its name suggests, this is a very enveloping and soothing massage.  
IT is both comforting and stimulating.*

**DIEN SHAN FACIAL REFLEXOLOGY (ÉNERGETIC)**

**60 MIN • 120.00 €**

*Restore vitality and tone to your face. This treatment improves blood circulation,  
eliminates toxins and stimulates collagen production. It provides a sense of well-being and  
and frees you from physical and mental tension.*

**REFLEXO-ZEN FACIAL MASSAGE**

**60 MIN • 120,00 €**

*This massage helps to relieve stress and relax the body and mind.  
It promotes better lymphatic circulation, which helps eliminate toxins  
and give your skin a natural glow.  
The treatment also includes an arm, shoulder and neck massage.*

**REFLEXO-LIFT FACE MASSAGE**

**60 MIN • 120,00 €**

*This lifting and stimulating massage combines facial massage and reflexology techniques to activate blood circulation and relax  
facial muscles,  
This can help reduce wrinkles and firm the skin for a natural lifting effect.*

**FOOT REFLEXOLOGY**

**60 MIN • 120.00 €**

*Foot reflexology energizes the body, harmonizing vital functions,  
releases stress and nervous tension, improves blood circulation  
and brings deep relaxation.*

**REIKI SESSION**

**60 MIN • 120.00 €**

*By laying her hands on your body, Marylène lets the energy circulate, purifying and harmonizing,  
the energy directs itself to the areas that need it*

**PERSONALIZED MASSAGE**

**90 MIN • 180.00 €**

**60 MIN FOR TWO • 240.00 €**