



# chamois d'or

HOTEL & SPA

## MASSAGE PRICE LIST

<b>LomiLomi</b>	30min €45	60min €80	
<b>Tui-Na</b>	30min €45	60min €80	
<b>Thai</b>	30min €45	60min €80	90min €100
<b>Egyptian</b>	45min €60	60min €80	90min €100
<b>Ayurvedic</b>	45min €60	60min €80	90min €100
<b>Swedish</b>		60min €80	
<b>Californian</b>		60min €80	
<b>Malagasy</b>		60min €80	90min €110
<b>Balinese</b>		60min €80	90min €100
<b>4 Hands</b>		60min €120	90min €150





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## **LomiLomi**

Originates in Hawaii and neighbouring Polynesian islands.

With Tiare flower scented oil.

Original massage using the forearms, very cocooning. Long strokes and deep movements calming body and mind.

## **Tui-Na**

Originates from ancient China.

With sesame oil or blue lotus scented oil.

Based on traditional Chinese medicine acupuncture points.

Reflexology and rolling techniques used to balance the energy in the body and free the mind.

## **Thai**

With coconut oil or blue lotus scented oil.

Vigorous and powerful massage with long lasting effects. Acupressure and stretching techniques used to achieve relaxation and vitality.

## **Egyptian**

With Argan oil.

Powerful, invigorating, rejuvenating and relaxing massage. Helps eliminate toxins. A very hot towel on the back is used to relax the muscles and allow better efficiency.



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## **Ayurvedic**

Comes from ancient India

Using hot coconut oil.

Helps relieve back, neck and joint pain. Promotes letting go and relaxation, improves posture.

## **Swedish**

With grapeseed oil.

Classic massage - kneading, frictions, percussion, vibration and long strokes techniques.

## **Californian**

With grapeseed oil.

Both soft and vigorous at the same time. Releases tension.

## **Malagasy**

East African/Madagascar origin.

With coconut oil.

Powerful, deep, enveloping and rhythmic massage. For relaxation and vitality.

## **Balinese**

With coconut oil

Enveloping, deep and rhythmic deep tissue treatment of the whole body