

# PHYSIOLOGICAL MASSAGING

## Le massage In Extenso

120 €

70 minutes

A massage using essential oils, for each part of your body, from your head to your toes. The In Extenso massage comes from the Californien massage. It is the combination of a physiotherapy massage and a relaxation massage.

Toxin removal, physical and mental strain clearing, this massage harmonizes your energies.

A real revitalization of your body!

## Le massage à la carte

60 €

35 minutes

A massage according your needs.

## La formule récupération

120 €

After a day of skiing to avoid muscle soreness and eliminate muscle toxins, 35 minutes of stretching followed by a 35 minutes massage.

## La formule remise en forme

120 €

A 35 minute session of thigh, stomach and backside muscle strengthening, followed by a 35 minute massage.

At home massages  
Possibility of massages at the practice  
(see prices there)

Aurélie Vidonne

Physiotherapist

06 62 02 05 25