



*L'instant bien-être*

*By Laura*

*On reservation*

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# RENATA FRANÇA METHOD®

**THE RENATA FRANÇA METHOD STRAIGHT FROM BRAZIL! THIS MASSEUSE KNOWN AROUND THE WORLD HAS DEVELOPED 3 TECHNIQUES THAT HAVE REVOLUTIONIZED THE MASSAGE.**

## **LYMPHATIC DRAINAGE 75 MIN | 150.00€**

It relies on firm pressure and an accelerated pace, in addition to exclusive pumping and maneuvers that allow immediate results. This technique reduces edema, activates blood circulation and stimulates a complex network of vessels through which body fluids pass, thus reducing the dreaded cellulite. The result is a less swollen and shapely body with a more accelerated metabolism and, therefore, a feeling of well-being.

## **REMODELING 60 MIN | 130.00€**

Manual massage technique, the main characteristic of which is the application of vigorous, rapid and firm movements all over the body. This massage has surprising results because it was designed to shape the adipocytes, that means to move the fat to the right place and thus give more contour to the body. Kneading, pinching and sliding are some of the maneuvers that promise to give new shapes to the body and ensure a more harmonious silhouette.

## **MIRACLE FACE 45 MIN | 90.00€**

With an immediate lifting effect, this facial massage deflates, accentuates the contours of the face and promotes the natural revitalization of the skin. Its function is to drain swelling and to draw a new contour to the face. With lymphatic drainage maneuvers, muscle massage and modeling, it achieves a result as spectacular as the body version.



## THE OTHER TECHNIQUES

**DEEP TISSU 60 MIN | 110.00€ 90 MIN | 140.00€**

The very slow and deep tissue massage allows tension to be released so that the muscles regain their suppleness.

Ideal for athletes and people suffering from chronic pain, Deep tissue massage is best known for its muscular effects. It decreases pain and inflammation.

**SWEDISH 60 MIN | 100.00€ 90 MIN | 130.00€**

Swedish massage is a dynamic massage technique that aims to dissolve tension and strengthen muscles and joints. Its toning and relaxing effect promotes blood and lymphatic circulation and the elimination of toxins, and helps the body to regain its natural balance.

**SINGAPOREAN 60 MIN | 100.00€ 90 MIN | 130.00€**

Complete, Singaporean massage combines three Asian massage methods. It begins with a Chinese back massage to release the body from its muscular tensions. This is followed by a stomach or abdomen massage, a Malaysian method, which helps to combat stress by eliminating toxins and negative elements accumulated by the body. Finally, it ends with a localized Indian massage, Kansu, which stimulates the meridians of the feet. By combining these different complementary techniques, this massage helps to rebalance and re-harmonize the body in depth.

**FOOT REFLEXOLOGY 45 MIN | 90.00€**

Plantar reflexology energizes the body, harmonizes vital functions, releases stress and nervous tension, relieves back tension and many other pains mentioned above, improves blood circulation, brings relaxation and deep relaxation, activates the lymphatic system and blood.

**FUTURE MOM 60 MIN | 100.00€**

This prenatal massage, also called "future mom massage", consists of very gentle strokes, friction, pressure and kneading on the woman's body.