



MON PETIT PÊCHÉ



WELLNESS

INDULGED, RELAX YOUR BODY AND MIND AT OUR WELLNESS WITH VARIOUS TYPES OF MESSAGES;

SIGNATURE OF CASTIGNO MASSAGE	Using special blended aromatic oil, the signature of Castigno massage techniques designed special for muscle tension. Begin with acupressure massage, continues by the application of tiger balm on your back and oil massage to re-boost and energize your body. The massage performed from medium to deep pressure to relax your muscles tension and body.	60mins €90	90mins €120
AUTHENTIC BALINESE MASSAGE	Balinese massage uses a variety of techniques including skin rolling, kneading and stroking and pressure point stimulation, combined with the aromas of essential oils and aromatherapy. With medium to deep pressure to stimulate the flow of blood, oxygen and "qi"(energy) around your body, and bring a sense of wellbeing, calm and deep relaxation.	60mins €80	90mins €110
CLASSIC SWEDISH MASSAGE	As the best known type of bodywork performed today, one of the primary goals of the Swedish massage techniques is to relax the entire body. The Swedish massage techniques vary from light to vigorous. Using five styles of strokes; sliding, kneading, friction, rhythmic tapping and vibration/shaking. Swedish massage therapy goes beyond relaxation.	60mins €80	90mins €110
RELAXING AROMATHERAPY MASSAGE	Aromatherapy massage will bring you to the deepest relaxation. Using aromatherapy essential oil of your choice, soft smooth and gentle gliding through your body promote healing; relieve stress and a feeling of well-being.	60mins €80	90mins €110
JAPANESE SHIATSU MASSAGE	A form of Japanese body work, "shi" means fingers and "atsu" means pressure. With thumbs, fingers and palms pressing your body without the use of any instruments will bring you to the next level of relaxation. With medium to deep pressure, Swedish massage calm, relaxing, and dynamic in effect; the body begins to re-adjust itself and healing take place.	60mins €80	90mins €110
THE THAI YOGA MASSAGE	Unlike most of the massages that using oils or lotion, Thai massage is a style of massage that combines acupressure and assisted yoga postures. Focus on circulation and pressure points, promoting internal health as well as muscular flexibility.	75mins €100	
INDIAN ABHYANGAM MASSAGE	Originate from India, the ayurvedic abhyanga massage, "abhi" mean into or glow and "angga" mean limb. Abhyanga is a special of ayurvedic warm oil massage using herbal medicated oil to maintain good health and well being; nourish your skin, balancing your body and mind. A daily full body warm oil massage therefore acts as a powerful recharger and rejuvenator of mind and body.	60mins €85	90mins €115
WARM STONE MASSAGE	Experience the application of the warm volcanic stone massage on your body, will leave you speechless into deep relaxation. Soft to medium pressure with long strokes gliding by hands and followed with warm stones, help to ease your stress and tension.	75mins €100	
INDIAN STANIKA BASTI MASSAGE	Massage for deep tissue therapy using heat and oil to repair the tissue. Heat increases the blood flow, the increase in the blood flow reduce the swelling, assist with pain relief and soften ligaments, tendons and muscles. Begin with ayurvedic abhyanga massage to ease the tension, followed by pouring the warm medicated oil on your specific pain area, "kati vasti" on your lower back or "greeva vasti" on your cervical region.	75mins €110	105mins €140
FOOT REFLEXOLOGY MASSAGE	Your feet work hard for you every day. Foot massage improves circulation, stimulates muscles, reduces tension and eases pain. The massage is involves applying pressure to specific points on the feet in order to affect various part of the body. Massaging the feet can alleviate anxiety and bring about a deep state of relaxation.	45mins €60	
PRENATAL MASSAGE	A special designed massage dedicated for the mother to be. Help to reduce tiredness, stress and tension, and give a complete relaxation. A full body massage, begin with back massage from side to side using pure natural oil to ease the muscles tension. Recommend for after the first trimester of pregnancy.	60mins €80	90mins €110
CHILDREN MASSAGE (1 year – 10 years old)	Experience the touch of relaxation for your little one. Using natural organic coconut oil to nurture and relax the body. Massage is very important to boost immune system, reduce stress and tension and help your little one to sleep better.	30mins €40	60mins €60

“Needing short body booster?”

Enjoy our short relaxing massages at our wellness to relax, boost and energize your body and mind.



HEAD MASSAGE ————— € 15mins €20 / 30mins €40

HEAD NECK AND SHOULDERS MASSAGE ————— € 30mins €40

BACK NECK AND HEAD MASSAGE ————— € 30mins €40

ARMS MASSAGE ————— € 30mins €40

LEGS MASSAGE ————— € 30mins €40

PLEASE COME AT LEAST 10 MINUTES BEFORE YOUR MASSAGE APPOINTMENT TO OUR LITTLE WELLNESS – MON PETIT PECHE.

For cancellation and or time changes, please contact our Reception +33 467 24 26 41 or email to village@chateaucastigno.com



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