



Les Instants Kiosque

by

DOMAINE DE LA
RÉSIDENCE



“World Softness” Rituals

Ayurvedic

Californian

Pregnant women...

SERENITY ESCAPES

Treat yourself to a moment of **pure relaxation**. Let yourself unwind with our wellness massages, designed to help you reconnect with your senses in a calm and **refined atmosphere**.

Our treatments are offered by reservation only and are available to both hotel guests and external visitors.

Upon arrival, enjoy **a warm welcome** with a selection of refreshments:

- Local natural mineral water
- House-made detox water
- Organic tea or herbal infusions

PRACTICAL INFORMATION

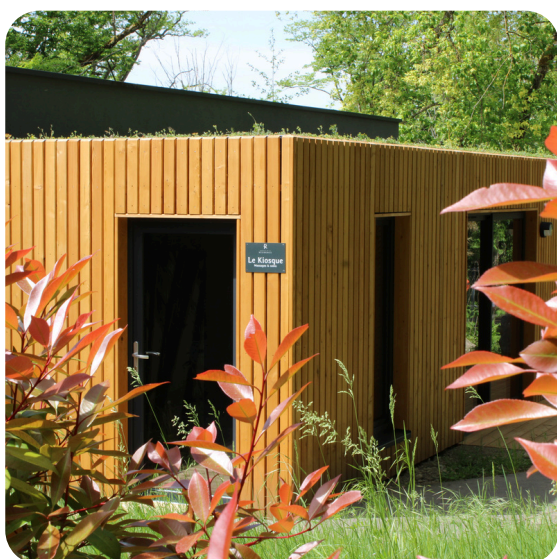
All treatments are subject to availability and require advance booking.

☎ +33 (0)3 39 577 128

✉ contact@domaineresidence.com

🎁 Our treatments are also available as gift vouchers — a perfect gesture for any occasion.

👉 Discover our full range of massages on the next page.





“World Softness” Rituals - by Elena

In a serene, music-filled atmosphere, we offer a wide range of over 100 massage techniques inspired by Eastern traditions: anti-stress strokes, Ayurvedic maneuvers (Indian tradition), Korean relaxation movements (gentle vibrations), Thai stretching, acupuncture (on Chinese meridians), and reflexology.

Full Body Treatment - (Solo or Duo)

From feet to neck, this massage releases every point of tension for an experience of deep and total relaxation.

- **60 minutes - 105€** per person
- **90 minutes - 135€** per person

Body & Face Ritual - (Solo or Duo)

The perfect harmony of a full body massage combined with a complete facial treatment.

- **120 minutes - 175€** per person
-

Californian Massage

Known as the "touch of the heart", the Californian massage combines gentle, flowing movements with deeper strokes. A full-body experience designed to relax and help you reconnect with yourself. (Solo or Duo)

- **60 minutes - 105€** per person
 - **90 minutes - 135€** per person
-

Ayurvedic Abhyanga Massage

Originating from Northern India, this warm oil massage goes beyond relaxation. It is tailored to your individual constitution and body type. Guaranteed sensory escape and emotional balance. (Solo or Duo)

- **60 minutes - 105€** per person
 - **90 minutes - 135€** per person
-

Energising Massage

This treatment has a dual purpose: relaxation and revitalisation. Ideal if you're dealing with stress or low energy. It relieves fatigue and restores muscular vitality. (Solo or Duo)

- **60 minutes - 115€** per person



Thai Foot Reflexology - by Lyudmila

A true source of well-being, this treatment leads to deep relaxation, reduces stress, insomnia, migraines, and muscle or joint pain (such as back pain).

Based on a 5,000-year-old method from China, Thai foot reflexology stimulates reflex zones on the feet corresponding to the major systems of the human body. (Solo or Duo)

- **60 minutes - 105€** per person
-

Personalised Massage

Feeling tired, low in energy, or just not yourself—but unsure what you need?

Following a short complimentary consultation, we'll identify your trigger points and create a massage tailored just for you using various techniques adapted to your needs. (Solo only)

- **60 minutes - 115€** per person
-

Pregnancy Massage - by Lyudmila

A unique moment shared between mother and baby. This massage replenishes energy, reduces fatigue and tension, softens the skin, and nurtures the bond with your baby.

It includes gentle, fluid strokes, soft frictions, and light stretching for a deeply soothing full-body experience—from head to toe. (Solo only)

- **60 minutes - 105€** per person
-

Targeted Massages

- **45 minutes - 80€** per person

Face & Head - (Solo or Duo)

This massage focuses on areas rich in nerve endings for a deep release. Often overlooked, the head is the control center of our body and deserves special attention.

Back - (Solo or Duo)

This treatment relaxes back and shoulder muscles and releases psychological tension caused by stress.

Legs - (Solo or Duo)

Improves blood circulation and relieves heavy or tired legs. A gentle, soothing massage that promotes overall well-being.