



hotel



wellness



restaurant

our massages

relaxing massage

a gentle, rhythmic massage with essential oils to soothe your body and mind. It eliminates anxiety, improves blood circulation, normalises lymphatic flow and increases the body's ability to regenerate.

sports massage

a dynamic and invigorating massage designed to release tension accumulated in the body and aid recovery after exercise. the movements, which are more intense than a relaxing massage, work deeply on the muscle fibres and help to eliminate tension related to physical activity. Enjoyed after skiing, hiking or yoga.

ayurvedic massage

Immerse yourself in a revitalising experience with our Ayurvedic massage. This invigorating and muscular treatment combines fast and slow movements to release muscle tension, boost your energy metabolism and restore your body's energy and vitality.

our masseuse Mathilde looks forward to welcoming you by appointment. cancellations are free of charge up to 48 hours in advance.

price	45 minutes	75 minutes
relaxing, sports or ayurvedic massage	145	200