



MAP  
**Welfare**



# Massages

## RAINDROP MASSAGE WITH ESSENTIAL OILS

This back-of-body massage combines aromatherapy with slow movements, providing physical and mental well-being thanks to essential oils.

1h15

110€

## AFRICAIN MASSAGE

Stemming from African traditions, this massage with deep pressure relieves tension.

1h

80€

## SPORTS MASSAGE

Ideal before or after sports, this massage stimulates circulation and optimizes your performance. It targets the muscles deep down to better manage muscle soreness.

30'

45€

## CRANIAL MASSAGE

Cranial massage, with gentle movements on the scalp, temples and neck, provides relaxation and stress relief. It reduces headaches and promotes quality sleep.

45'

46.50€

## MASSAGE TRIANON 5\*: TAILOR-MADE

Area of your choice: head, neck, back, legs.

30'

40€

## · Wellness Packages · Seasonal massages

### SPRING YANG RITUAL (UNTIL 6/05)

This Chinese medicine ritual prepares the liver and gallbladder in balance, with stretching and deep massages. Herbal teas and sweets offered

1h30

110€

### SUMMER SUN RITUAL (FROM 7/05 to 8/08)

Summer, a season of fulfillment. This ritual harmonizes your body by taking care of the heart and promoting blood circulation. Herbal teas and sweets offered.

1h30

110€

### ORIENTAL BACK TREATMENT

This full-back treatment combines cleansing, exfoliation, argan oil massage and coconut wrap. It relieves muscle tension and leaves the skin soft and glowing.

1h

58€

### GIFT CARD

Possible from €20 by phone at +33 (0)6 62 60 32 12 or online at <https://fleesy.fr/ildesdouceurs/carte-cadeau>

# Aesthetic

## HAIR REMOVAL FOR HER

Eyebrows (line creation or maintenance)	12€
Armpits	15€
Single jersey	15€
Brazilian Jersey	25€
Full Shirt	38€
Half legs or thighs	23€
Full legs	32€

## HAIR REMOVAL PACKAGE

Face: eyebrows / lips / chin	20€
Eyebrows + Lips	16€
Half legs + armpits	42€
Full legs + armpits	44€
Half legs + single or Brazilian jersey	37€
Full legs + single or Brazilian jersey	44€

## YOMILASH DOE EYE OR YUMIBROWLIFT

Eyelash enhancement + tinting	1h	70€
Eyebrow enhancement + waxing	30'	55€
Eyebrow enhancement + waxing + tinting	35'	60€
Eyelash + eyebrow enhancement combo	1h45	120€

## FACIAL

Facial care sophro mask	1h	60€
Firming facial treatment with white tea	1h15	68€
Purifying detox treatment with white tea	45'	55€
Flash facial treatment – Organic Avril Cosmetics	30'	28€

## EARLY LIFE OF OKINAWA KOBIDO

Kobido, Okinawa's secret to longevity, a complete massage of the face, neck and décolleté. It redraws the oval and offers an immediate healthy glow! A free herbal tea for Japanese-style hydration!	1h	89€
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## OKINAWAN YOUTH GEISHA SECRET - KOBIDO LIFTING

Kobido releases tension and tension for a smooth and radiant face. Combined with a sophrology mask, it relaxes the skin and mind.	1h30	115,50€
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# Hairdo

## WOMEN'S PACKAGES

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Shampoo – cut – blow-dry: short hair	40€
Shampoo – cut – blow dry: long hair	44€
Shampoo – blow-dry: short hair	29€
Shampoo – blow-dry: long hair	33€

## OTHER SERVICES

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Women's Single Fit	26€
Blow-dry short hair	19€
Blow-dry long hair	23€
Color with shampoo	34€
Additional dose	12€
Hair care	9€
Short hair highlights	48€
Long hair highlights	70€

## MAN

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Shampoo – cut – styling	27€
Fit only	22€
Beard maintenance	10€

## CHILDREN (UNDER 12 YEARS OLD)

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Girl: Shampoo – cut – styling	29€
Boys: Shampoo – cut – styling	27€
Fit only	19€

# Nail Salons

## SEMI-PERMANENT VARNISH APPLICATION

Hands or feet	40€
Hands and feet	70€
With sheathing	45€

AMERICAN POSE	50€
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## GEL APPLICATION OR ACRYGEL

On natural nails	50€
With extension	65€

FILLING	50€
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REMOVING	20€
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BROKEN NAIL (1 FINGER EXTENSION)	4€
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FRENCH, BABY BOOMER	5€
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NAIL ART (PER FINGER)	1€
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# Reflexology

## HAND REFLEXOLOGY + MASSAGE

Consists of stimulating specific points corresponding to the body's organs to promote relaxation and well-being. It helps reduce stress, improve circulation and relieve certain pains.

30'

40€

## BACK REFLEXOLOGY + MASSAGE

Relies on targeted pressure along the spine to relax muscle tension and rebalance energy. It promotes relaxation, relieves certain pains and improves circulation. Ideal for reducing stress and blockages.

30'

45€

## FOOT REFLEXOLOGY + MASSAGE

Foot reflexology stimulates reflex zones of the foot corresponding to the organs of the body to promote balance, relaxation and circulation. It helps reduce stress, relieve certain pains and improve general well-being.

50'

60€

## DIGITO CRANIAL + FACE

Foot reflexology stimulates reflex zones of the foot corresponding to the organs of the body to promote balance, relaxation and circulation. It helps reduce stress, relieve certain pains and improve general well-being.

30'

45€

## DUO MASSAGE

It promotes relaxation, shared well-being and can be adapted to the needs of each individual. Ideal for couples, friends or family

1h

160€



# TAKE YOUR Appointment



## Reflexology

Isabelle

+33 (0)6 03 93 18 29

All season: By appointment  
Wednesday



## Aesthetics & Massage

Naïma

+33 (0)6 62 60 32 12

April, May, June &  
September: by appointment  
July & August: by  
appointment Monday,  
Tuesday morning, Thursday  
and Friday



## Hairdo

Sabine & Laurène

+33 (0)7 44 77 28 05

April, May, June & September:  
by appointment  
July & August: by  
appointment Monday,  
Wednesday and Thursday



## Osteopathy

Claire

+33 (0)6 74 69 41 21

April, May, June & September:  
by appointment  
July and August: by  
appointment  
Monday, Tuesday and  
Thursday

Payment by credit card or cash.