

Massage Collection Wellness Guide

The B(e) Discovery Massage

Designed by our Wellness Specialists for us to be able to give you the best recommendations:

Our Body Wellness Therapists have a thorough understanding of the holistic alchemy of this protocol of techniques that unify, envelop, relax and energise the whole body. Each area is given individual attention that harmonises with the body as a whole. The combination of specifically directed techniques makes for a complete and all-over massage that ensures your energetic and physical well-being, encourages you to open up, helps free up blockages, alleviates stress and soothes the mind

Well-being Shiatsu

An ancient Asian art which works to alleviate deep stress points and restore the free flow of energy throughout the whole body.

The effects are immediately visible with benefits that will last several days.

Abhyanga

A Vedic adventure of the senses, using warm oil to rebalance the body and its functions, as well as bring utter peace to busy and stressed people.

Harmony Star

Rooted in ancient Indian traditions, this in-depth massage balances the entire body by stimulating specific Chakras and Marma points

in the belly, hands, head, face and feet. Stretching and movement regulate how fluids move through the tissues, enabling a comprehensive release of

nervous and emotional tensions. Benefits include complete relaxation and peace of mind as well as the elimination of fatigue.

Balinese

A perfect blend of Chinese, Indian and Siamese influences which releases muscle tension, sculpts the figure, follows the fluid path within the body, drains it and relaxes the spirit.

Swedish

Ideal for anyone leading an active lifestyle. This dynamic massage is designed for tension relief and deep cleansing, regeneration and relaxation of the muscles. A fabulous way to sore muscles and release stress.

Thai Massage with Oils

Originating from the former Kingdom of Siam, this treatment with Southern Indian influences alternates between deep kneading, fluid movements, pats and frictions for a true sense of vitality and a moment of pure relaxation.

Thai Yoga Massage on futon

Often called “lazy man’s yoga”, this dynamic physical experience relieves pressure on joints and passively stretches the muscles along with a slow deep acupressure technique promoting a remarkable sense of unity.

Hawaiian Lomi Lomi

More than an immersion in well-being, discover the secrets to vitality of Polynesian master healers; the combined energies of wind (effleurage), fire (friction), water (waves of deep smoothing) and earth (vibrations) invigorate and boost your body. The benefits of this exotic treatment are undeniable.

Tui Na Slimming Detox

An energetic and dynamic massage form originating in traditional Chinese medicine. Each session includes 30 min of stimulation of the metabolism through applying finger pressure to different areas of the stomach to trigger the digestion and elimination functions. It combines kneading and pressure with the application of mobile suction cups to remove toxins and unpleasant orange-peel effects. It treats and refines those parts of the body carrying excess weight.

Kobido

The sacred art of deep facial relaxation and an ancient manual face lifting technique. An expression of ancient Japanese know-how which provides remarkable benefits.

Reflexology

The stimulation of certain reflex points on the soles of the feet to achieve a satisfactory biological condition: strengthen and fortify the whole body.

Shirothampi

A traditional head massage performed in a sitting position which relieves fatigue and upper body tension, allowing you to disconnect in order to clear away mind-cluttering thoughts.

Prenatal

This gentle massage using a neutral oil or cream is recommended between the 4th and 8th month of pregnancy to cater to the needs of the mother-to-be's body during this unique and precious stage leading up to giving birth.

Lymphatic Drainage

The classic Vodder method with its slow and gentle strokes reactivates lymph circulation.