



CHÂTEAU  
DE CANDIE

## > Our massages

### CLASSICS MESSAGES

#### **Relaxing massage**

30 min / 40 €

*Relieves accumulated tensions, stimulates circulation. Calming and reinvigorating  
Upper back, neck, face and scalp*

#### **Swedish Massage - Tonic**

1 h / 80 €

*Relaxes muscles and joints, tones, detoxifies, activates blood and lymphatic circulation.  
Swedish massage aims to sooth tensions and firm muscles and joints. Its invigorating and relaxing effect stimulates blood and lymphatic circulation, the elimination of toxins, and helps the body to regain its natural balance.*

#### **Duo massage**

1 h / 160 €

*Immerse yourself in a moment of deep relaxation for two. Each massage is personalised, you can each choose a different massage.*

#### **Californian Massage - Relaxing**

1 h / 80 €

*A relaxing, gentle and all-encompassing massage technique that stimulates emotional awareness and allows you to completely let go.*

*Californian massage is an approach that aims to provide both deep relaxation and an awakening of a psychocorporal consciousness.*

*Its principle is based on the idea that that the body retains frustration, shocks, emotional and physical trauma and that this massage technique wipes the body memory clean.*

#### **Massage for children**

30 min / 40 €

*Calming, peaceful, encourages sleep, stimulates creativity and the immune system.*

*Children are sensitive to their environment so this massage is designed to bring calm and serenity, encourage sleep, stimulate creativity and the immune system. From 6 to 14 years old. Presence of a parent is obligatory.*

### SPECIFICS

#### **Intuitive Massage - Harmonising**

1 h / 80 €

*A tailor-made treatment that is closer to your needs, the intuitive massage is a wonderful way to treat yourself and recharge your batteries. This massage restores the physical and subtle body structures, soothes the psyche and the emotional consciousness to reconnect the heart and mind.*

*All massage techniques have their place.*

Treatments available 7 days a week from 10am to 8pm on reservation.  
Reservations to be made at the reception of Chateau de Candie on 04 79 96 63 00.

When making your reservation please specify which treatment you wish to reserve. For more information about the massage treatments please contact:  
**Julie Ritter 06 95 18 01 86 / [contact@nesens.fr](mailto:contact@nesens.fr) / [www.nesens.fr](http://www.nesens.fr)**

### Location

Depending on availability and your preference, the massage treatments are available either in your room or a room specially made available by the Château de Candie. Enjoy a moment of relaxation in a tranquil setting.

### The session

To better define your needs, offer a personalised massage and listen to your body, we will briefly discuss your expectations and your health. Clients are asked to be in underwear (oil massage). After the massage, there will be a rest period so you can finish the treatment at your own pace.

### Payment

Payment is made at the reception of Château de Candie.

### Before your session

Check that it is possible to receive massage treatments with your state of health.

Massage is not a minor treatment and is contraindicated for certain conditions. If in doubt, check with your doctor. Massage services are contraindicated in case of: fevers, skin lesions, undiagnosed lumps, edema, bruising, acute back pain, varicose veins, phlebitis, thrombosis, cardiovascular disease, sprain, strain, burn, aneurysm, ...

Arrange time after the massage to calmly return back to your environment. After the massage, avoid any form of intense activity or conflictual situation. Be kind to yourself.

### Our engagements

To guarantee the quality of service, massages at the Chateau de Candie are performed by practitioners that are certified members of the French Federation of Wellbeing Massage (FFMBE)

- We are careful to establish deep mutual respect.
- The treatments are adapted to respect your modesty.
- We guarantee you total confidentiality.
- We remain at your disposal for any suggestions.

