



CHÂTEAU
DE CANDIE

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> Seminar Offer

MASSAGES

Intuitive sitting massage

Intuitive sitting massage is practiced dressed on a chair or stool. 15 to 30 minutes of massage per person from head to toe.

This treatment can also be oriented to a certain part of the body (back, arm, hand...) to relax or energize.

WORKSHOPS

Learn the art of self-massage

Discover the benefits and techniques of self-massage during this workshop to help manage stress and anxieties.

Relaxology workshop

Mixing techniques of breathing, relaxation and meditation, this workshop aims to demonstrate relaxation techniques that are easy to use on a daily basis and participate collectively in constructive exchanges.

Workshops are offered indoors or in the chateau grounds

The services offered are not therapeutic and do not replace in any way the consultation of a health professional.

THE SETTING

Opening hours

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:

Laure Clion 04 79 65 08 38

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.

