

❖ **Chair massage, action anti-stress, revitalisation...**

Dressed, on an ergonomic chair.

It is essentially a back massage but also, depending on the problems encountered, shoulders, neck, arms, hands and head. This massage is aimed to release the blockages and tensions accumulated on a daily basis.

(20 min - 22€)

❖ **Recovery massage for hikers and cyclists**

On the table, this massage practiced with oil will focus on the feet and legs in order to facilitate recovery after a sports activity.

(20 min - 22€ ; 30 min - 32€)

❖ **Thai Yoga Massage, regain your flexibility**

This massage is practiced without oil, dressed and on a futon on the floor. By stretching and massaging the energy channels, the tensions are relieved and the body is softened.

It is like yoga, but I'm the one doing the work for you!

(30 min - 32€ ; 60 min - 60€)

❖ **Massage Lomi Lomi from Hawaii, relaxation in its purest form!**

On the table, with oil.

A gentle and dynamic massage. Wavy movements are applied with the forearms, like the waves of the sea!

(30 min - 32€ ; 60 min - 60€ ; 90 min - 85€)

❖ **Deep Tissue Massage, get rid of muscle tension**

On the table, with oil.

This slow and firm, yet deeply relaxing massage works on the release of adhesions in order to reduce pain and regain normal mobility! The massage is practiced with the forearms, elbows, thumbs and fingertips.

(30 min - 32€ ; 60 min - 60€ ; 90 min - 85€)

❖ **Hot Stone Massage, comforting and deeply Relaxing**

On the table, with oil and hot stones.

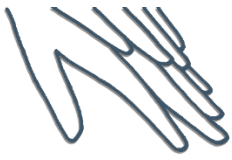
The heat of the volcanic stones that penetrates deep into the muscles in combination with a relaxing massage.

Ideal for a perfect muscle relaxation.

(70 min - 70€ ; 90 min - 90€)



All the above massages are practiced in my massage salon at the rates displayed and only by appointment. I don't do massages at homes.



MELATI
MASSAGES BIEN-ÊTRE

❖ **Besides giving massages in my massage salon, I am available for:**

- Sport events / wellness events
- Wellness day with friends
- Weekend group in bed & breakfast, cottages, camping, etc.
- Wellness at work
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❖ **Yoga classes**

I also teach yoga (Facebook: @melatiyoga.md).

I offer weekly Yin & Yang Yoga classes, but I am also available to come at events as mentioned above.

Let me know about your project and I will give you a personalized quotation.

Note: the hot stones massage is not feasible to do outside my massage salon.



Offer wellness to those you love.

Melati Massages gift cards are available!

Wellness at work:

I propose customized formulas to companies. Stress increases the risk of developing physical problems. This will result in a decrease in efficiency and productivity. Conversely, efficiency and productivity increase when employees feel good. A chair massage stimulates motivation at work and reduces the risk of illness. It can be practiced in a few minutes (for example, during the lunch break). Feel free to ask me for more information and my document especially made for companies.



Please contact me by:

Email: melatimassagesbienetre@gmail.com

Facebook: [@melatimassagesbienetre](https://www.facebook.com/@melatimassagesbienetre)

Whatsapp/SMS/Tel: 06.52.46.41.13