

Massage & Steam Room

Energetic @ Sport massages













RELAXATION

Sport

STEAM ROOM

proach (Swedish-type/deep laxing and restorative. tissue massag concentrate, connective, Gestalt massage, Ayurvedic), adapted to the needs of each individual.

Energetic and relaxing that The sportsman's massage In the Cypress Farm, a private combines the Eastern tra- provides healthy muscles, vi- Steam room offers you a modition (by the treatment tality of the body and better ment of well-being in comof acupuncture meridians) resistance of the joints. It is at plete privacy. and the holistic Western ap- the same time preventive, re-

Capacity: 2 - 3 people

Beauty treatments are available on request

Relaxing Massage :1h = 130 Euros Relaxing Massage: 1h30: 180 Euros Facial Care: 1h = 140 Euros Facial Care: 1h30 = 195 Euros

45 min : 95 Euros

Hours: From 3.30pm to 8pm Towels available on the spot

FITNESS

Private Fitness Room







FITNESS





Coaching

Our private fitness room is equiped:

Artis Cardio «Technogym»:

- Treadmill «Run»
- Bicycle «Recline»

- The Kinesis

Muscle Building:

Waterower:

- Rowing machine

Jean Christophe Bogart

Teacher of physical education, Sophrology and Bio-energetic offers you:

- Kinesi's Coaching
- Cardio Circuit training
- Stretching postural

Others training are available on request

1h: 80 Euros From 8am to 8pm $\,$ On request only

FITNESS

Quiet and relaxation









Yoga

SOPHROLOGIE

Sabrina Sadeghi Millecamp

offers:

Jean Christophe Bogart

Trained in New York, certified propose you some « Brain Deby Yoga Alliance (RYT 200) tox » sessions (based on the mental):

- Vinyasa Flow

Dynamic yoga style that links Relaxation, interiorization and movement, breathing and re-breathing exercises conducive laxation.

- Meditation ou Sophrology

to rejuvenation, self-knowledge and activation of potentialities.

1h30:140 Euros From 8am to 8pm On request only

1h: 80 Euros From 8am to 8pm On request only

Pool & Tennis

Heated outside pool, Bicycle and Tennis









Outside Pool

TENNIS & BICYCLE

Out heated pool (15x7m) is heated between 25° and 27° From April and until October 15th

<u>Jean Christophe Bogart</u> propose you :

- Aqua Aerobics

training session maintenance and muscle toning in water.

1 tennis court is at your disposal near the swimming pool. We can lend you rackets and balls, available at reception. New balls are also for sale at a price of 15 Euros.

Private lessons on request

Hours: From 7am to 10pm Unsupervised swimming pool for children Hours: 1h:100 Euros From 8am to 8pm On Request only