

# Massages

Booking required, subject to availability  
Monday, Tuesday, Thursday, Friday and Saturday 9:00 am - 07:00 pm  
Sunday (reserved for the hotel guests) 09:00 am - 12:00 am

Information and Reservation

02 40 57 91 14

## Massages - 1Hr 55,00€

Well-being head to toe

### Excursion

A relaxing massage with perfumed oils from the tip of the toes to the tip of the hair

### African journey

A dynamic kneading massage combining relaxation and African rhythms

### Hot stones

A massage from head to toes with heated basalt stones for deep relaxation

### Indian dream

The heat of little pouches combined with a massage of the whole body with spiced oils

### Lomi Lomi

Smoothly and wrapping, this massage, given with forearms, lulls you, stretches you... like in the Hawaii waves



### Shiatsu Well-being

An Oil-free Japanese massage, in comfortable clothing which harmonizes the energies thanks to pressures on the whole body.

## Care and Relaxation - 1Hr 55,00 €

### Softness and relaxation

Citrus fruits body scrub followed by a relaxing massage

### Traditional Steam Bath (steam bath for 5€ extra)

Black soap body scrub followed by a relaxing massage with oriental oils

## Massages - 1H20 75,00€

Prolong your moment of well-being

### Long journey

A long relaxing massage with perfumed oils, dream away throughout the world

### Dream of somewhere else

Warmth and relaxation, a long massage with oils and hot stones

### Great softness

Add a body scrub to the massage 1hr of your choice



## Japanese Face Massage (head and neck)

45min - 45,00€

Releases facial tensions, restores radiance and elasticity to the skin, balances energies again...

More than a care, a real relaxation moment



## Massages - 1/2Hr 32,00€

### Relaxation with scented oils

Back, head and neck or back and legs or back and arms...

### Face, head and neck massage

Free your mind...

### Feet

Rich in reflex points, well-being for the whole body

### Lighter legs

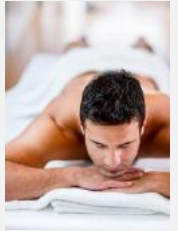
Thanks to this massage, you'll glide away with light legs

### Tonic for legs and back

Rhythmic massage with kneading and percussion

### Slimming

A vitalizing massage for those small rebellious areas



## Seated Massage Amma

20 min - 20,00€

Relaxation and energy thanks to pressures, frictions, kneading on back, shoulders, arms and head.

Is practiced dressed on ergonomic chair.

*All treatments are non therapeutic and non-sexual*

Hôtel Nuit de Retz\*\*\*\* 44710 Port Saint Père

[www.hotel-nuitderetz.com](http://www.hotel-nuitderetz.com)