

*Massage
& Care*



**LE SCHOENENBOURG
SEQUOIA SPA**



«In a trendy and colorful environment, the Best Western Hôtel & Spa Le Schoenenbourg provides you with a high quality of massage and care services.»

BODY MASSAGE

Abhyanga

Relaxing warm oil massage, boosts immune defense, sight, delays skin aging effect and eliminates toxins

45mn 76€
1h00 92€

Aromatherapy massage

Aromatherapy massage with essential oils, relaxing treatment from head to toe, anti-stress

45mn 80€
1h00 98€

Nirvana DUO

*2- people massage, one after the other
Ayurvedic-oriented essential oils massage*

2 x 40mn 145€

Shirchampi

Head and neck massage, helps to fight insomnia, reduces migraines and promotes mind focus

40mn 65€

Hot stone treatment

Relaxing treatment, relieves muscular tension, brings a relaxation of body and mind

1h00 100€

Kansu

Relaxation treatment, the Kansu bowl (zinc bronze + copper) treats all the points foot reflexes

40mn 65€

Damas

*Aromatherapy massage with 100% pure and natural Damascena rose
Helps fight skin stretches and wrinkles*

1h00 125€

Foot reflexology

Gentle and deep pressure of the reflex zones of the foot arch according to Ayurvedic principles

1h00 85€

Foot & hand reflexology

Gentle and deep pressure of the reflex zones of the foot & hand arches according to Ayurvedic principles

1h30 150€

BODY CARE

Organic Green Tea & Clay wrap <i>Firming, fights against free radicals</i>	1h00	95€
Organic Grape Seed wrap <i>Rice powder and chickpeas with saffron milk, deeply cleanses the skin</i>	1h00	100€
Organic body scrub <i>Organic Grape Seed Powder is a gentle exfoliator, removes skin impurities and stimulates its regeneration</i>	40mn	79€

FACIAL CARE

Purifying Care	45mn	72€
Ayurvedic treatment	1h00	85€
Global anti-aging treatment <i>Anti-wrinkles delay the effects of aging</i>	1h00	120€
Bhasma 24k Gold facial care <i>Exhaustive face, neck and shoulder ayurvedic massage Bhasma gold is famous for penetrating into the deepest skin layer</i>	1h15	115€
Chocolate facial care <i>Facial and Scalp massage to boost blood flow</i>	1h15	115€

Eyebrows depilation with string technique (following a massage)

This technique structures the eyebrow with respect to the facial morphology while practicing a micro-peeling

Ladies

9€

Gentlemen

10€

AYURVEDA

An Ayurvedic massage, beyond its relaxing virtues, offers a lot of benefits that affect the whole body:

- skin*
- muscle tissue*
- improves blood and lymphatic circulation*
- helps eliminate waste*
- eases joints and spine*
- increases concentration*
- gives better body awareness*



Natural and organic care

100% pure and natural vegetable oils

Installation, dressing, undressing included in the session

Any reservation not canceled 24h in advance is due