

Aroma Zen

Massage and beauty institute



"Treatments for body and mind"

24 rue Caviale – 46100 Figeac

07.82.60.34.02

MASSAGES PROPOSED

Discovery massages

30 mins

- Back & head
- Back & legs
- Zen head massage
- Foot reflexology

45 mins

- Back & head
- Back, legs & arms

Relaxing back massage

Working the nape of the neck, the trapezius and back muscles for a moment of relaxation and restoration.

Zen head massage

Alternating soft and harder movements, the cranial massage relieves tension and relaxes body and mind.

Foot reflexology

An ancient technique which consists in applying gentle pressure to specific points along your feet. Each zone is connected to a certain body part or body function, and the pressure applied can ease tension, redress imbalances and improve general wellbeing.

Relaxation for littlies - 30 / 45 mins

A relaxing massage for little princes and princesses.

Relaxing

- 60 / 75 / 90 mins

Relaxation

For both men and women, this is a first-stop 'discovery' massage which respects the client's modesty. It provides deep relaxation and a moment of wellbeing.

Californian

Slow and enveloping movements take you on a wonderful mental journey to rediscover your body, reducing both muscular tension and stress.

Sensitive

The gentlest of massages. The soft, stroking movements will transport you to a haven of tranquillity.

Hawaiian

This technique, originating from Hawaii, uses the forearms and is given in fluid, rhythmic motion, to feel like soft waves rolling over the body. Relaxing or energising, this can be adapted to each client's wishes.

Extremities (head, hands, feet)

Ideal for those who prefer to keep their clothes on, this massage provides a relaxing escape from everyday life.

Hot stones (€ suppl)

The unmissable winter massage. Heated volcanic stones are placed on the body's energy zones whilst long strokes and circular movements with the stones are carried out on the entire body. A veritable deep relaxation !

Pregnant ladies - 45 / 60 mins

At the same time gentle and enveloping, this massage has been specifically designed to relieve painful legs and backs of future mummies. Carried out in a position to suit the pregnant lady and her baby, this is available after the first term of pregnancy.

Rhythmical

- 60 / 75 / 90 mins

Balinese

Originating in Indonesia, this massage is a cocktail of different techniques from around the world. Its influences come from Ayurvedic, Chinese and Thai traditional medicines and also from Western know-how.

Its movements are powerful, rhythmical and stimulating.

African

A massage which is both gentle and restorative. It is comprised of 3 phases: relaxing, refreshing and gentle and is performed with traditional African rhythms.

Bamboo

A penetrating and detoxifying full body massage using wooden sticks for a relaxing and invigorating effect.

Swedish (€ suppl)

An energising, toning and relaxing massage technique aimed at relieving stress. It promotes blood and lymphatic circulation and elimination of toxins, thereby helping the body to regain its natural balance. Includes : kneading, rubbing and vibrations.

Caribbean

A deeply relaxing massage from the islands enhanced by rhythmical music (zouk).

Energy balancing

- 60 / 75 / 90 mins

Indian

This ayurvedic massage (*Abhyanga tridosha*) takes its name from the Ayurveda "*life sciences*", an Indian medicine based on the principles of vital energy. Unifying the mind and body by balancing the three "*doshas*", the massage destresses, energises and detoxifies.

Shiatsu

This massage is based on traditional Chinese medicine and is performed the thumbs to apply pressure to energy points (without oils). Relieving tension and restoring inner energy, this produces a global sense of wellbeing.

Couples massage

Relaxation or Californian massage

- 45 / 60 / 75 / 90 mins.

Share a moment of pure relaxation with your partner, your best friend, your children...

Body treatments

Body polish

- 30 mins

By eliminating dead cells, this refines and softens the skin texture, and improves absorption of beauty products.

Body wrap

- 30 mins

Back treatment

- 45 mins

A difficult to reach part of the body, the back nonetheless benefits from specific care: cleansing, exfoliating, purifying (vapozone), relaxation and hydration (wrap). A veritable moment of wellbeing and comfort.

Manual Lymphatic drainage

- 60 / 75 mins

This treatment involves gently pinching and releasing specific areas of the face in a slow, regular manner (without oils).

The aim is to improve the lymphatic system by promoting the renewal of the lymph and the elimination of waste.

Tariffs

- Wellbeing massages
- Facials
- Body treatments
- Epilation

Please refer to the website for the tariffs.
-10% for 3 treatments at the same appointment.

Gift voucher

Offering a massage is gifting a moment of pure pleasure.

Choose your gift from our body treatments and facials...

3 gift formulas available – discover them in your institute or on the website.

Practical information

The institute is open by appointment, Tuesday to Saturday.

Wellbeing massages

are exclusively aimed at promoting relaxation; they have no medical, therapeutic or erotic intention.

They are not intended to replace medical or paramedical acts, which should be carried out by an appropriate medical practitioner.

Health

We do not carry out any medical or paramedical diagnostic. Before beginning a treatment however, we will ask you a number of questions to establish whether there is any risk in us carrying out the requested treatment. If we believe a risk exists, we reserve the right to refuse the treatment and to refer you to a competent health professional.

Certain health conditions are not suited to all treatments. It is your responsibility to ensure that you are medically fit to receive the treatment requested.

Confidentiality

We are bound by professional secrecy and the confidentiality of the identity of the recipient as well as the comments exchanged before, during and after the treatment will be respected.

Your practitioners