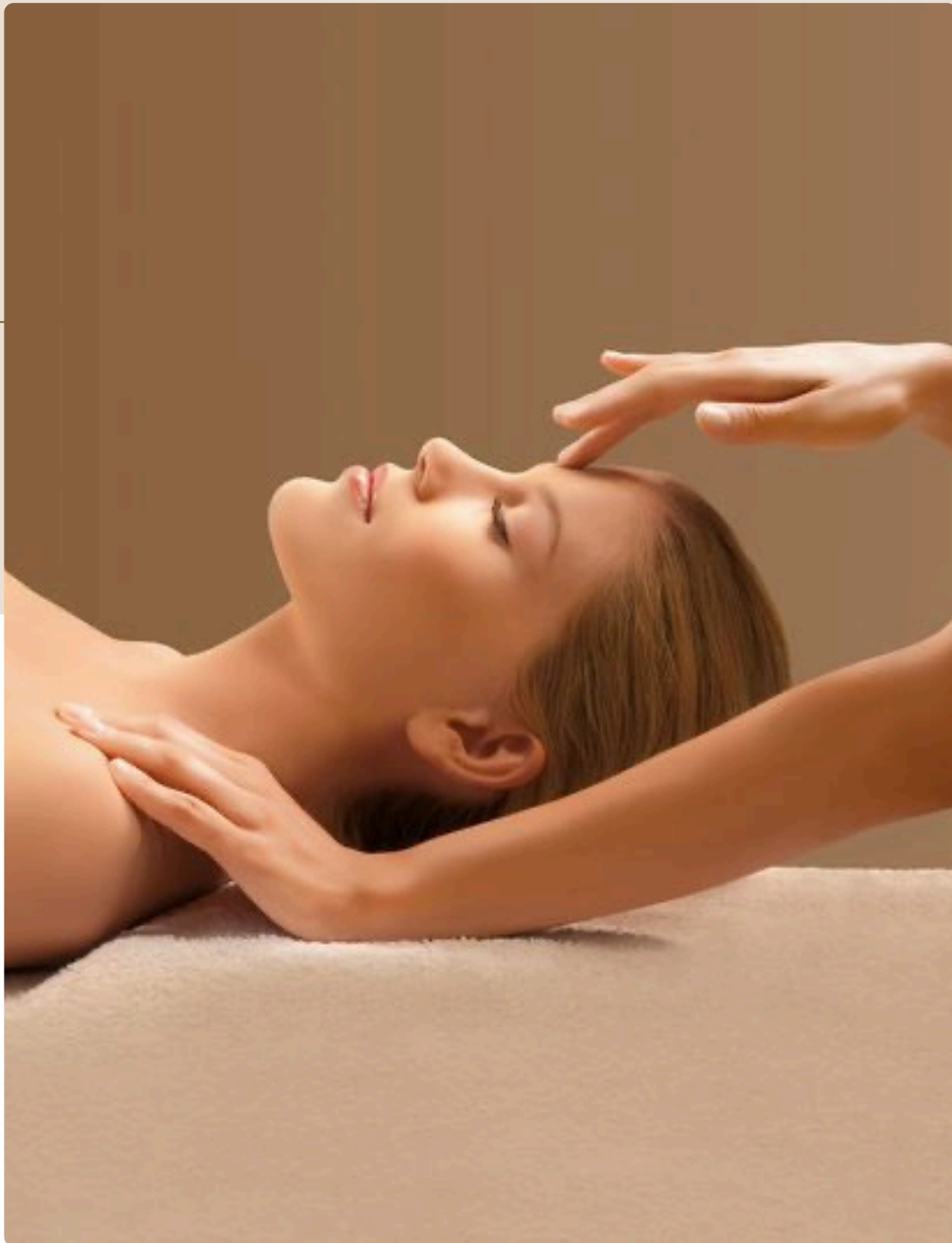


# L'ESSENTIELLE BEAUTÉ

SPA THERAPIST



WELLNESS MASSAGE BY KATTYA

## L'ESSENTIELLE BEAUTÉ

Your well-being within reach!

With flexible hours and home services, I bring relaxation and peace of mind straight to the comfort of your home.

My mission:

To help everyone starting from the youngest discover the benefits of massage and to make well-being accessible to all, for a more harmonious life.

# WHO AM I?

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Hello!

My name is Katty,  
I am passionate about the  
world of wellness and beauty.  
I specialize in well-being  
massages.

I hold a degree in aesthetics  
and a professional qualification  
(CQP) as a Spa Practitioner.

My journey has allowed me to  
practice in both France and  
Mexico, enriching my skills  
through diverse approaches  
and techniques from different  
cultures.

Each massage I offer is an  
invitation to let go a moment to  
reconnect with yourself.

# WHY GET A MASSAGE?

My massages are part of a holistic approach to well-being, where every movement is performed with intention and care, tailored to meet your specific needs.

Using carefully selected targeted techniques, I guide you toward deep well-being by harmonizing body and mind.

My massages help you to:

- Release tension
- Soothe stress
- Relieve muscle pain
- Regain calm and serenity

The result?

A rebalanced body, a peaceful mind, and a renewed sense of lightness.

Treat yourself to a moment to slow down, breathe and reconnect with what truly matters: yourself.





# DESCRIPTION OF MASSAGES

## CRANIAL MASSAGE

### SHIROTCHAMPI 1H, 70€

Rooted in the traditions of Ayurveda, Shirotchampi is a targeted massage of the scalp, face, neck, and shoulders. This treatment offers a deep sense of relaxation.

It lightens the mind, clears mental clutter, and encourages a reconnection with oneself.

**BENEFITS:** Soothes the mind and reduces stress, clarifies thoughts and improves concentration, boosts vitality and energy, enhances sleep quality, relieves headaches, neck tension, and jaw pain, reduces eye strain and clears the sinuses, and supports emotional balance and inner harmony.

#### WHO IS IT FOR?

This massage is suitable for everyone, including children and modest individuals, as it does not require complete undressing.

Ideal for overworked and tired people, those prone to migraines, or anyone who spends long hours in front of a screen.

The massage is performed on the floor, comfortably settled on a tatami mat.

You will enjoy a series of gentle and deep movements.

## **FACIAL MASSAGE**

### **KOBIDO 1H, 100€**

This traditional Japanese treatment is a true rejuvenating ritual.

Dynamic massage composed of salternating rhythms.

**BENEFITS:** Reshaping, redefined facial contours, enhanced cheekbones, plumped skin, and a radiant complexion.

**WHO IS IT FOR?** For anyone who wants a dynamic massage that will restore tone to their skin while plumping the face.

### **STRETCHING 1H, 100€**

This treatment provides deep and lasting stretching of the facial muscles.

Relieves facial tension through powerful, smoothing, and fatigue-relieving movements, similar to a gym session.

**BENEFITS:** Relaxed face, smoothed features, firm and lifted skin, reduced wrinkles and fine lines, and a refreshed complexion.

This massage provides deep relaxation of the décolleté, neck, and scalp.

**WHO IS IT FOR?** For anyone who wants to reduce wrinkles, achieve a firming effect, and experience deep relaxation.

## **BODY MASSAGE**

### **RELAXING MOMENT 30MIN, 45€**

A localized, half-body massage involves treating a specific area of the body. This massage is ideal for targeting localized tension that requires special attention, such as the back, shoulders, neck, legs, or arms.

### **ABSOLUTE RELAXATION 1H, 65€ / 1H30 90€**

Full body massage, it allows you to become aware of your body because the practitioner's hands draw its contours. It aims to relax the body from accumulated tensions and thus causes deep relaxation.

Based on a succession of light touches, it does not involve any real active maneuver.

### **PRE-NATAL 1H, 70€**

From 4° months of pregnancy.

This massage has been carefully designed for pregnant women to help women during this precious time.

To take care of your skin to relieve tension during pregnancy, this treatment is a moment of relaxation and comfort to regain energy and vitality, while gently letting go.

Real well-being for mother and baby who benefit from the special bond provided by the gentle and relaxing touch of the pre-natal massage.

## **ENERGETIC 1H, 65€**

A mix of maneuvers, relaxing Thai stretches combined with deep Balinese smoothing maneuvers, loosens joints and stimulates key energy points to provide a moment of deep relaxation for body and mind.

This slow, deep massage is performed with medium pressure.

## **INVIGORATING 1H, 65€**

A relaxation and stimulation technique designed to energize muscles and revitalize the body. This type of massage uses dynamic and energetic movements, both gentle and invigorating. It consists of an initial relaxing phase with enveloping movements, followed by an invigorating phase with percussion, and a final phase to return to calm.

The goal is to combat fatigue, relieve tension, improve flexibility, and restore energy to the body.

By stimulating blood and lymphatic circulation, this massage also oxygenates the muscles and promotes the elimination of toxins.

This type of massage can be adapted to the individual's specific needs and is particularly effective in providing a boost of energy and a feeling of general well-being.



## **DEEP TISSUE 1H, 80€ / 1H30, 100€**

A massage technique that aims to work deep within the muscles and on points of tension to loosen adhesions between muscle layers and fascia. The tissues are stretched using slow, deep movements. The massage is performed with the fists, forearms, or elbows to reach deeper and release tension from the body.

This massage aims to promote muscle recovery, but it can also be a relaxing massage if you enjoy pressure massages, as it helps reduce blood pressure by slowing the heart rate.

This massage is even more beneficial because it allows the person receiving the massage to become aware of their body and any blockages they may feel.

## **COCOONING 1H, 70€**

A massage that uses heated volcanic obsidian stones to help loosen muscles and promote relaxation.

The heat of the stones and the movements will help reduce stress and anxiety, and improve sleep due to the deep relaxation it provides.

This type of massage is particularly appreciated in cold weather, which is why it is reserved for the autumn and winter seasons.

## **BAMBOOS 1H, 70€**

A massage that is both gentle and relaxing, invigorating and energetic, with pressure maneuvers, slides, rolls and even percussion.

Bamboo massage is above all a draining treatment, allows better circulation of fluids by activating blood circulation and dispelling toxins, particularly recommended for people in need of better blood and lymphatic circulation, soothes areas of tension, stimulates sensory perceptions, reflex points and zones of the feet, hands and face, softens muscles and tendons, restructures the body, firms and smoothes the skin.





Book your moment of well-being  
now !

Choose the perfect massage for  
you and treat yourself to an  
experience of pure relaxation.

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