

L'ESSENTIELLE BEAUTÉ

SPA THERAPIST



WELLNESS MASSAGE BY KATTYA



ABOUT

L'ESSENTIELLE BEAUTÉ

Your well-being within reach.

Through flexible scheduling and personalized in-home services, I bring relaxation and peace of mind directly to the comfort of your home.

My mission:

To help people of all ages discover the benefits of massage and make well-being accessible to everyone, fostering a more balanced and harmonious life.

WHO AM I?



HELLO!

MY NAME IS KATTYA,

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.

DESCRIPTION OF MESSAGES

AYURVEDIC CRANIAL MASSAGE

SHIROTCHAMPI 30 MIN | 60 MIN

A targeted treatment for the scalp, face, neck, and shoulders, designed to promote deep relaxation and immediate mental clarity.

Benefits:

- Stress relief
- Mental clarity
- Vitality
- Improved sleep
- Relief from migraines and neck tension
- Reduction of eye fatigue

Who is it for?

This treatment is suitable for everyone and is performed fully clothed. It is particularly recommended for those experiencing stress, migraines, or prolonged screen exposure.

The massage can be done seated or lying down, depending on your preference. It is also ideal for children, offering a gentle and soothing experience.

FACIAL MASSAGE

KOBIDO - 60 MIN

JAPANESE REJUVENATION RITUAL

A dynamic facial massage combining smoothing movements, gentle percussion, and pinching techniques to deeply stimulate the facial muscles.

Benefits:

- Sculpting and lifting effect
- Redefined facial contours
- Enhanced cheekbones
- Plumper, firmer skin
- Radiant complexion.

Who is it for? Ideal for those seeking a toning treatment that restores radiance, firmness, and elasticity to the face.

This massage is also highly recommended as a preventive anti-aging treatment, as it boosts circulation and stimulates collagen production.

STRETCHING 60 - MIN

DEEP FACIAL STRETCHING TREATMENT

Designed to release tension through smoothing and revitalizing techniques, comparable to a true “facial workout.”

Benefits:

- Relaxed facial muscles
- Smoothed features
- Firmer, lifted skin
- Reduced appearance of wrinkles
- Rested, refreshed complexion
- Deep relaxation of the décolleté, neck, and scalp.

Who is it for? Perfect for those seeking a visible tightening effect, wrinkle reduction, and deep relaxation.

BODY MASSAGE

MOMENT DÉTENTE 30 MIN

A targeted massage, ideal for addressing specific areas of tension. This treatment focuses on parts of the body that require particular attention, such as the back, shoulders, scalp, neck, legs, or arms.

SUBTIL APAISANT 60 MIN

A true moment of gentleness, this massage lightens the breath, calms the mind, and gradually soothes the entire body.

It is the gentlest of all massages, performed without pressure and without oil, making it ideal for elderly individuals or those who are highly sensitive to touch.

Perfect during periods of fatigue, overwork, or emotional hypersensitivity, it provides immediate inner renewal.

Effects experienced:

- Deep relaxation
- Reduced stress and mental agitation
- A sense of lightness and release
- Overall well-being and long-lasting relaxation

An exceptionally gentle treatment, designed for those seeking calm, comfort, and a deep reconnection with themselves.

Also perfectly suitable for children, offering soothing relaxation with great delicacy.

BODY MASSAGE

PRÉNATAL 60 MIN

A treatment specially designed for pregnant women, combining gentle strokes and enveloping movements to relieve tension, nourish the skin, and offer a deep moment of comfort, energy, and vitality.

Available from the 4th month of pregnancy until delivery.

DÉTENTE ABSOLUE 60 MIN | 90 MIN

A soothing, enveloping massage that follows the contours of the body, offering a true reconnection with oneself. Slow, flowing strokes release tension and induce deep physical and mental relaxation.

Ideal for:

Those seeking a medium-pressure relaxing massage that promotes letting go and deep overall relaxation.

ÉNERGÉTIQUE 60 MIN | 90 MIN

A blend of gentle Thai stretching and deep Balinese smoothing techniques, this treatment increases joint flexibility, stimulates energy points, and provides profound relaxation for both body and mind. Performed with slow, medium-pressure movements.

BODY MASSAGE

COCOONING 60 MIN | 90 MIN

A nurturing massage using heated obsidian volcanic stones to help relax muscles and promote deep relaxation. The warmth of the stones helps reduce stress and anxiety, and can improve sleep thanks to the profound sense of calm it provides.

A comforting and soothing treatment, especially appreciated during colder periods.

Available only in autumn and winter.

DETOX 60 MIN | 90 MIN

Brazilian lymphatic drainage is a tonic and rhythmic massage that stimulates lymphatic circulation and promotes the elimination of toxins.

Thanks to precise, fluid and deep techniques, this treatment provides an immediate sensation of lightness.

Recommended after prolonged travel, an intense sports session, as well as in cases of abdominal bloating and fluid retention.

Benefits:

Immediate feeling of lightness, support of the digestive system, strengthening of the immune system, recovery after physical effort, and reduction of muscle soreness.

BODY MASSAGE

DÉCONTRACTANT 60 MIN | 90 MIN | 120 MIN

This deep massage targets muscles and tension points to release adhesions between muscle layers and fascia. Using slow, deep movements with fists, forearms, or elbows, it effectively relieves bodily tension.

It promotes muscle recovery while providing intense relaxation through carefully adapted pressure. This massage also helps increase body awareness and identify areas of tension.

RITUEL SIGNATURE 120 MIN

Treat yourself to an exceptional pause to rebalance body and mind.

A precious, extended moment, fully personalized to your needs.

Together, we define the approach best suited for you: choose the pressure level (light, medium, or deep) and the areas to focus on, or enjoy a full-body massage.

Experience a unique expertise, developed with passion, dedicated to the art of massage.

Specialties that can be integrated into the treatment: Cranial massage, Kobido, gentle relaxation, energetic, invigorating, deep relaxation, sports recovery, stretching, trigger point, Brazilian lymphatic drainage.

WHY GET A MASSAGE?

A HOLISTIC APPROACH TO WELL-BEING

My massages are part of a holistic vision of body-mind balance, where every movement is performed with intention, gentleness, and care to meet your specific needs.

Using carefully selected, targeted techniques, I guide you towards deep well-being by restoring inner harmony and promoting lasting relaxation.

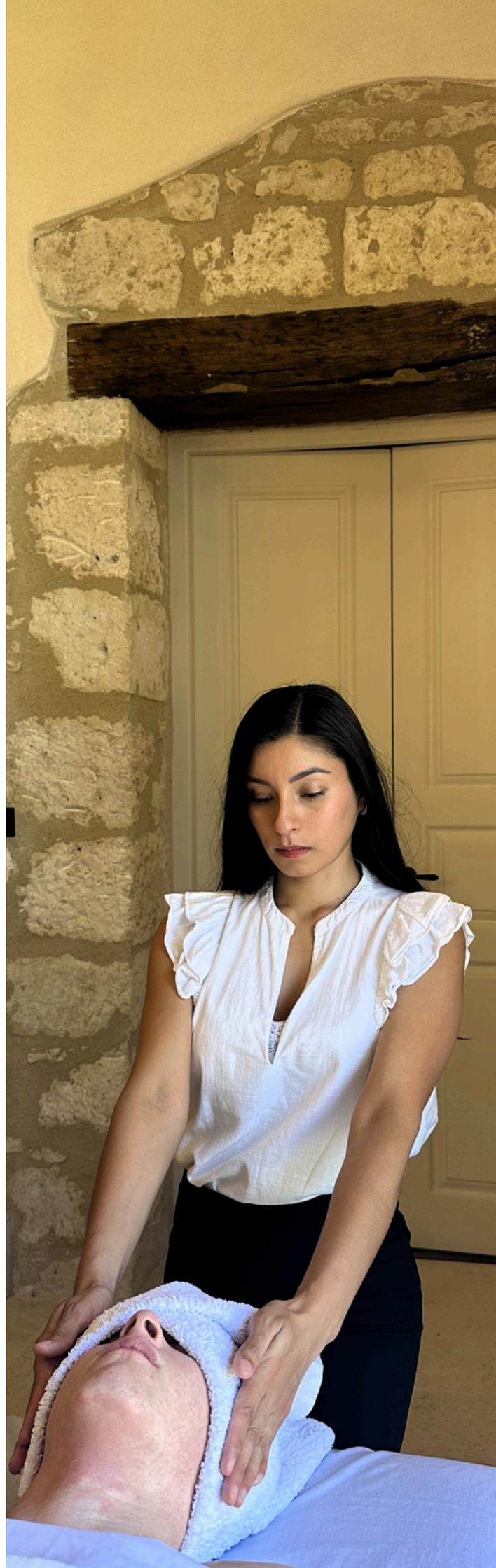
Benefits of my massages:

- Release of tension
- Stress relief
- Relief from muscular pain
- Restoration of calm, energy, and serenity.

The result?

A lighter body, a calmer mind, and a profound sense of ease.

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





INFORMATION & RESERVATIONS

Payment Information:

For a stress-free experience, payment can be made by bank transfer or in cash on the day of your appointment.

Service Area:

I travel to Villeréal and within a 25 km radius. For locations beyond this area, additional travel fees may apply.

Réservations:

To ensure you can enjoy your preferred time slot, I recommend booking your wellness session at least 10 days in advance.

Home visits are available for bookings of one or more 60-minute massages, bringing relaxation directly to your space.

Each massage is performed one after the other, at a pace that respects your rhythm, so everyone can fully savor their moment of calm and well-being.

BOOKING AN APPOINTMENT

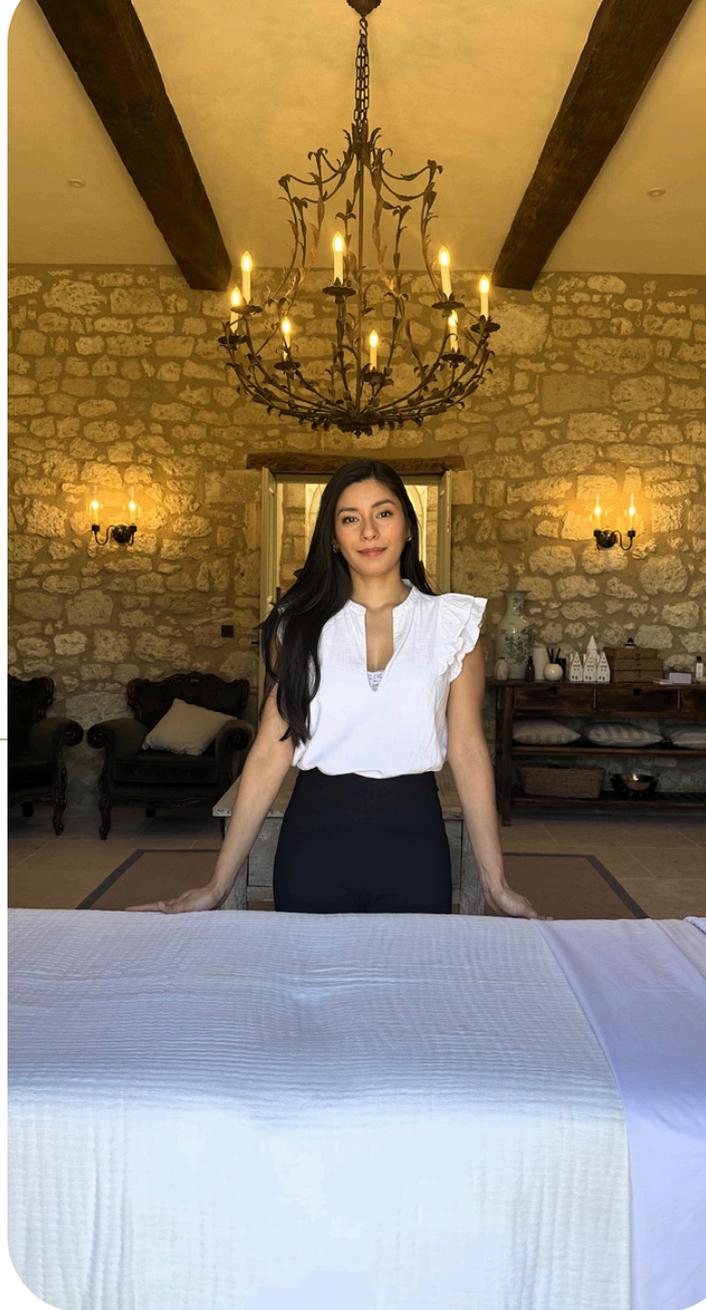
To book your treatment, please provide the following information:

- First and last name
- Phone number
- Your availability (days and times)
- Desired treatment and duration
- Full address

 A deposit may be requested to confirm your appointment.

 Contact me via private message to reserve your session!

 Looking forward to welcoming you soon for a relaxing at-home experience.



RATES

AYURVEDIC CRANIAL MASSAGE

SHIROTCHAMPI

60 MIN 70€

Scalp • Calm mind • Clarity

FACIAL MASSAGE

KOBIDO

60 MIN 100€

Lifted cheekbones • Plumper skin • Redefined contours

STRETCHING

60 MIN 100€

Smoothing • De-wrinkling • Lifting

BODY MASSAGE

CHILDREN'S (0 TO 12 YEARS)

30 MIN 35€

Gentle • Soothing • Caring

MOMENT DÉTENTE

30 MIN 45€

Targeted • Tension • Relief

SUBTIL APAISANT

60 MIN 70€

Very gentle • Embracing • Comforting

PRENATAL

60 MIN 70€

Embracing • Comfort • Vitality

RATES

BODY MASSAGE

DÉTENTE ABSOLUE

60 MIN 70€ | 90 MIN 100€

Self-Reconnection • Release • Calm

ÉNERGÉTIQUE

60 MIN 70€ | 90 MIN 100€

Thai Stretches • Balinese Flow • Energy Points

COCOONING

60 MIN 80€ | 90 MIN 110€

Warm Stones • Comfort • Calm

DÉCONTRACTANT

60 MIN (1-2 AREAS) 80€

90 MIN (3-4 AREAS) 110€

120 MIN (FULL BODY+STRETCHING) 180€

Deep Tissue • Muscle Renewal • Release

DETOX

60 MIN 80€ | 90 MIN 110€

Toning • Recovery • Vitality

RITUEL SIGNATURE

120 MIN (FACE & BODY) 180€

Synergy of Expert Techniques • Care & Massage



 STEP INTO WELL-BEING!

 Book your moment of bliss at:
07 83 21 80 70.

