

LODGE A CHEDA * * * *

SPA AND WELLNESS

these treatments are provided by **MARYLENE** Sophrologist,
Reflexologist, qualified Energetics practitioner

ABHYANGA MASSAGE (ENERGETIC)

60 MIN • 100 .00 €

*Retrieve the harmony of body and mind thanks to the energy rebalancing.
This treatment acts on the physical, mental, emotional, and spiritual levels,
This treatment with Essential Oils and Crystals, relaxes the muscles, relieves pain, reduces anxiety
for a real feeling of peace and well-being*

FACIAL REFLEXOLOGY DIEN SHAN

(ENERGETIC)

60 MIN • 100 .00 €

*Restore vitality and tonicity to your face. This treatment improves blood circulation,
eliminates toxins, and stimulates collagen production. It provides you with a great sense of
well-being and liberates you from your physical and mental tensions.*

REIKI SESSION

40 MIN • 80 .00 €

*Marylène's hands are laid on your body and she lets the energy circulate, purifying and
harmonising it. The energy is directed towards the areas that need it.*

**Reservations and payment for treatments
must be made at the reception desk.**

LODGE A CHEDA * * * *

SPA AND WELLNESS

these treatments are administered by Jiap,
trained at the famous "Wat Pho" school in Chiang-Mai.

FOOT REFLEXOLOGY

45 MIN • 70.00 €

Treatment concentrated on the feet, the arch of the foot and the lower legs.

Ideal for relieving heavy legs.

The "real" points of the arch of the foot will be used to soothe your internal organs.

AROMATIC TREATMENT WITH ESSENTIAL THAI OILS

60 MIN • 100.00 €

Superficial, very gentle, and sensorial treatment with essential oils from Thailand.

This treatment provides a real pampering for the spirit and the skin.

NUAD PLAKLOB

75 MIN • 120.00 €

Traditional herbal treatment combining a 45-minute aromatic oil treatment and a 30-minute hot pack treatment.

The pouches are made of Thai plants, which, after being heated, diffuse their benefits deep into the body.

The elderly used this technique to treat themselves in the villages.

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reception desk.**

LODGE A CHEDA****

SPA AND WELLNESS

these treatments are provided by Daiva

Ayurvedic massage

60 min • 100.00 €

Combined with oils and plants, Ayurvedic gestures help to prevent and manage stress, promote the elimination of toxins and the regeneration of cells, fight against fatigue and insomnia, and facilitate venous circulation.

Swedish massage

60 min • 100.00 €

This treatment uses 5 different techniques: stroking, sliding pressure, kneading, twisting, and stretching. The benefits of these techniques are to relieve muscular tension, firm the tissues and stimulate the lymphatic system to eliminate toxins.

Cocooning massage

60 min • 100.00 €

*This treatment consists of long, fluid, and harmonious movements.
This massage gives you a real feeling of well-being...*

lymphatic drainage

60 min • 100.00 €

This treatment aims to evacuate toxins from the body and improve lymphatic circulation while strengthening the immune system. Ideal for heavy legs, restless nights, aches and pains or digestive problems.