



Emmanuelle's Massages

AT LA BARDE DE MONTFORT

Book
Your Moment
of Relaxation



06 33 63 27 34

60 min · 80 €

CASH ONLY / NO CREDIT CARD



5 wellness massages, brought to you

CHOOSE YOUR TREATMENT

Each session is unique and tailored to you

CALIFORNIAN DREAM

FULL-BODY RELAXATION

Our signature treatment. From head to toe, tension melts away and the mind drifts into deep serenity. Circulation is stimulated, the body feels revitalized, and you leave feeling completely renewed.

DEEP TISSUE

LASTING MUSCLE RELIEF

For deep tension in the back and neck. A slow, firm massage that works deep into tight muscles, helping release tension and restore mobility, with long-lasting effects.

BAMBOO MASSAGE

ENERGY / LIGHTNESS

A draining massage using bamboo sticks that follow the contours of the body to stimulate circulation, help eliminate toxins and loosen muscles and tendons. Softer skin, reduced fatigue and an immediate feeling of lightness.

PREGNANCY MASSAGE

GENTLE / NURTURING

A cocoon of relaxation for moms-to-be, from months 3 to 8 of pregnancy. Helps relieve tension, improve sleep and prevent dizziness, while offering a precious moment of connection with yourself and your baby.

FOOT REFLEXOLOGY

RESTORE BALANCE

Targeted pressure on reflex points of the feet to promote drainage, restore balance and deeply soothe the whole body. An ancient practice with immediate sensations and long-lasting benefits.

WELLNESS MASSAGES · NON-THERAPEUTIC & NON-MEDICAL
CONTRAINDICATIONS
FEVER · INFECTION · SKIN WOUNDS · CARDIAC HISTORY

EMMANUELLE DE BERGH · MASSAGE PRACTITIONER & YOGA TEACHER N°16-133
10+ YEARS EXPERIENCE · TRAINED BY ENPY · KINÉ · INSTITUT WELLNESS