

# *Welcome in Champagne!*

What's planned this weekend:

## **SHIATSU MASSAGE**

Discover (or rediscover) this weekend the benefits of Shiatsu with Koji Okada, Shiatsu therapist for over 37 years, a Japanese massage therapy technique that helps reduce tensions while stimulating the immune defense system.

*1h15 session available at the rate of 225€*

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## **TAILOR-MADE COACHING**

Specialised in customised fitness training, our coach will be at the Spa on Saturday from 10 to 11am. Enjoy personalised advice based on your individual fitness session and let Thomas guide you through your workout routine to help you perfect it.

*You can also book your private fitness session, available upon demand.*

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## **YOGA SESSION**

Learn how to relax and release tensions. Let Sofia guide you in a 30-minute workshop this Sunday at 10am.

*This activity is offered on a complimentary basis. Reservation required at the Spa*

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## **A WIDE RANGE OF MESSAGES...**

Discover a selection of High Technicality Massages, adapted to your desires and needs, such as Thai oil massage, sports massage, Balinese massage or a foot reflexology session.

*1h session available at the rate of 205€*