



ROYAL CHAMPAGNE  
HOTEL & SPA

## *Pop-up at the Spa* **STARK BALL MASSAGE**

From **February 20 to 23**, meet Nadine Stark Chognon, body therapy expert and founder of **Stark Ball Massage®**. Let her guide you through an innovative massage that won a gold medal at the **World Sports Massage Championship**.

Designed to release muscular tension and promote recovery, Stark Ball Massage is based on the **use of flexible balls** strategically placed under certain joints.



Discover this cutting-edge method through three techniques designed to suit your needs:

**Stark Ball Deep** – Deep tissue massage ideal for athletes. This treatment combines targeted pressure points and stretching to improve muscle mobility and flexibility.

**Stark Ball Intemporel** – A relaxing massage designed to rebalance physical and emotional tensions for an immediate feeling of well-being.

**Stark Ball Fit** – A dynamic massage that stimulates the meridians and energy points to revitalise your body and mind.

*One-hour session available at the rate of 235€*

Reservation:

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