



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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