



SIRIUS SPA



SARA RESIDENCES DE TOURISME
FITNESS AND RELAXATION SPA

RATES AND SERVICES

Les Balcons de Sirius Residence
Open from 10am to 8.30pm every day

Swimming-pool : open from 1pm to 8.30pm every day

Sauna : open from 6pm to 8.30pm every day

Jacuzzi : open from 1pm to 6pm every day

Fitness room : open from 10am to 8.30pm every day

We thank you for choosing to stay in one of our residences.
You will find in this document all the body treatments
offered at the Sirius SPA.

The body treatments are open to all SARA residents.
However, the pool, the jacuzzi and the fitness room are
reserved for "VEGA" and "BALCONS DE SIRIUS"
apartments residents.

Make an appointment by calling Ellen or Sophie

Ellen Griffioen : Tél. 06.08.45.90.15
Sophie Emonnot : Tél. 06.83.60.91.25

Ellen GRIFFIOEN

Ellen invites you to experience the Indian massages and yoga. She is trained in the tradition of the yoga and massage school Sai Mithra. She has received her education in The Netherlands and in India.

YOGA « SAI MITHRA » objectives:

- to get to know yourself better
- to be more stable in the world
- to open your heart
- to relax

yoga offers a unique combination of hatha yoga-asanas(body postures), an awareness of the chakras (energy centers), meditation, and relaxation. The lessons can be taken by persons of any age.

« **Sai Mithra** » **yoga** will guide you towards developing your own sensitivity, becoming aware of your limits and respecting them. You will learn to recognize your blockages and to accept them in order to let go. You will become aware of the energy of light (life energy) which is our basis and which allows one to be in the world with an open heart.

- Collective class (by reservation) 60 minutes : 9 €

Ayurveda is the Indian science of healing body and mind. The oil massage, a full body massage, is an important tool for cleaning toxins from the body. It stimulates the flow of prana (life force energy)

and it loosens the joints, nourishes the bones and nerves and it makes the muscles smooth.

Ayurvedic massages

The body will be completely treated with ayurvedic oils. The care is concentrated on the energy lines of the body to remove energy blockages so that the person can experience complete relaxation.

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| ▪ Ayurvedic full body massage (55 min.) | 59€ |
| ▪ 2 massages (2 x 55 min.) | 100€ |
| ▪ Ayurvedic body massage (without the head) 40 min | 50€ Forfait |
| of 2 massages 2x 45 min. | 85€ |

Body treatments "A LA CARTE" Duration: 25 min.

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| • Intensive back and neck massage | 35€ |
| • Massage of the arms, hands, neck and the face | 35€ |
| • Massage of the legs and feet | 35€ |
| • Head-face and neck massage | 35€ |
| • Feet massage | 30€ |
| • Balancing of the energy centers of the back | 30€ |
| • Algae wrap | 30€ |
| • Full body peeling (with salt & sand of the dead sea) | 25€ |
| • Massage for a child <12 years old | 25€ |

A LA CARTE COMBOS	per person	per family
• Two treatments à la carte	59€	59€
• Three treatments à la carte	79€	89€
• Four treatments à la carte	99€	109€
• Five treatments à la carte	119€	129€

THE CURES

The “ANANDA CURE”

- package of 1 day 2 body treatments : 50 €
- package of 1 day 3 body treatments: 70 €

include full body peeling/massage of the arms, the hands, the neck and the face/ intensive back and neck massage.

The “KALI CURE”

- package of 2 days 2 body treatments, per day: 90 €
- package of 2 days 3 body treatments, per day: 140 €

- 1) full body peeling / Algae wrap / Ayurvedic body massage
- 2) full body peeling / Algae wrap / Massage of the head, the face, and the neck

The “LAKSMI CURE”

- package of 3 days 2 body treatments, per day: 140 €
- package of 3 days 3 body treatments per day: 230 €

- 1) Algae wrap - intensive back and neck massage - balancing of the energy centers of the back
- 2) Full body peeling- Ayurvedic body massage- massage of the head and the face.
- 3) Algae wrap - Ayurvedic body massage – feet massage

The “BRAHMA CURE”

- package of 4days 2 body treatments, per day: 190 €
- package of 4 days 3 body treatments, per day: 280 €

- 1) Full body peeling -algae wrap – feet massage
- 2) Full body peeling – algae wrap - massage of the arms, hands, the neck and the face
- 3) Full body peeling – algae wrap – Intensive back and neck massage
- 4) Full body peeling – algae wrap – Ayurvedic body massage

Full body Peeling Cure – to soften and purify the skin

3 full body peelings (with salt & sand of the Dead sea) 65€

Algology cure (Sea Algeas) for the revitalisation of the body

3 algae wraps relaxing & revitalising 75€

Sophie EMONNOT

Shopie Emonnot is qualified from the IOKAI Shiatsu Europe school. She gives classes of Do-in, sessions of Shiatsu and Oil Massages (centre ATMA par RANGANATHAN).

SHIATSU

Shiatsu is a Japanese massage technique, which helps the body to relax through fingers or hand massaging of the body pressure points. It increases the energy and may relieve pain, absorb articulation problems, improve sleep and release stress.

ZEN SHIATSU

Initiation session	35	<input type="checkbox"/>	
Wellbeing session			60 <input type="checkbox"/>
Shiatsu for pregnant women*	48	<input type="checkbox"/>	
Shiatsu for children (< 12 years old)	25	<input type="checkbox"/>	
Za zen (sitting Shiatsu)			25 <input type="checkbox"/>

*(During and after the pregnancy)**

SPECIAL BEFORE AND AFTER SKIING MESSAGES

Preparatory or relaxing massage 40€

HOT OIL MASSAGE

The hot oil massage stimulates the circulation, increases toxins elimination and helps harmonize the body energy.

FORFAIT (Shiatsu or essential oil massages)

You can use it for more than one person

Sessions of 30 min.

2 sessions 66

3 sessions 94

4 sessions 120

Sessions of 60 min.

2 sessions 112

3 sessions 164

4 sessions 210

ESSENTIAL OIL MASSAGE

The choice of oil will be based on the needs of the body for draining, releasing tensions, blood circulation or pain relief. The oils are based on flowers and are beneficial for the skin and for giving a sensation of relaxation and wellbeing for the whole body.

Initiation massage 35

Complete massage 60

Massage for children (<12 years old) 25

Mixed Massages

Relaxation of the back 25

Relaxation of the legs 25

Relaxation of the face and head 25

DO-IN & QI GONG Oriental gymnastic (75 min.)

(group classes) 9

The Do-in is an Oriental Japanese exercise method which is helpful to relax and free the body of physical and mental tensions. The sessions are based on easy, natural, basic exercises and self massages, which invite the body to become whole, balanced and deeply relaxed. It will help you feel well and whole.

The sessions are available to all ages and persons. Wear comfortable clothing, easy to move in. The sessions are given in the 'reunion' room in the "Les Balcons de Sirius" residence.

FORFAIT (Shiatsu or essential oil massages)

You can use this for more than one person

Sessions of 30 min.

2 sessions 66

3 sessions 94

4 sessions 120

Sessions of 60 min.

2 sessions 112

3 sessions 164

4 sessions 210