



PHILÉAS LAZARE & SPA  
Hôtel \*\*\*\*



## TREATMENT MENU

### *Massages*

1h00 - 130 € // 1h30 - 180 €

#### **CALIFORNIEN**

Relaxing massage, its gentle and surrounding maneuvers nurse the body.

#### **DEEP TISSUE**

This deep and tonic massage allows intense relief. It is particularly suitable for athletes.

#### **ABHYANGA (INDIAN MASSAGE)**

Inspired by traditional Ayurvedic medicine, this massage stimulates the circulation and develops the suppleness of the body.

#### **BALINESE (INDONESIAN MASSAGE)**

Indonesian massage using ancestral techniques of acupressure, reflexology and stretching for an ultimate well-being.

#### **JET LAG MASSAGE**

This massage with smooth and draining maneuvers releases the toxins, the legs regain their lightness and the body awakens.

#### **TAILOR MADE MASSAGE**

Haute-couture massage personalized to your desires and needs.

**Opening hours : 9am / 8pm**  
**Reserve at least 2 hours before the session**

### *Your réservation*

#### **BOOK YOUR TREATMENT**

The receptionists are at your disposal for any booking by +33 1 42 85 36 36 or by dialing “9” on the phone of your room.

You can also send your request by email at [contact@phileashotel.com](mailto:contact@phileashotel.com)

We recommend you to be prepared before your therapist arrives to fully benefit from your treatment. All our massages are well-being treatments are non-therapeutic.

#### **CANCELLATION POLICY**

Kindly be informed that If you are delayed, your treatment will be shortened. Cancellations must be done a minimum of 2 hours before the appointment is due to avoid any charges. Otherwise, your treatment will be fully charged.

#### **HEALTH CONDITIONS**

Please inform us about any medical conditions, allergies or any wounds and advise us if you are pregnant in order to recommend you the most suitable treatment.