

17 RUE DU QUATRE-SEPTEMBRE,
75002 PARIS

BOOK

BY LYMFEE CARE MENU

平 静 - へいせい HEISEI
RELAX - POST SUMMER
60 MIN - 120 EUROS

Discover our new «Relax Post Summer» treatment, designed to ease the transition between your holidays and your return to Paris. This ritual combines a gentle, soothing massage with an innovative light therapy session using the Alpha Wave device. Flashes of light stimulate brain waves, promoting deep relaxation and restful sleep.

Plunge into a deep meditative state, accompanied by soothing music, for a genuine moment of relaxation and refocusing before the start of the new school year. It's the ideal way to regain your equilibrium and face the new season with serenity.

The results: This ritual will help you feel peaceful, restore your equilibrium after the vacations and face the new season with serenity.

BOOK

美容 BIYŌ - FACE
60 MIN - 120 EUROS

Specifically targeting the face, neck and cleavage, this treatment provides overall firming and relaxation. A marvellous ritual combining kneading techniques and pressure applied with tsubos on energy points. The use of this small Japanese wooden tool offers a unique sensation and deep relaxation.

The results: revitalised skin, a refined texture and reduced signs of fatigue and expression lines. Totally relaxed, the face regains its freshness, luminosity and firmness.

BOOK

気 KI - BODY HARMONY

60 MIN - 120 EUROS

The divine experience of a traditional Japanese massage in which expert hands glide along the meridians, awakening vital energy. This treatment combines fluid movements and precise pressure with aromatic oils with soothing and delicate properties.

The rhythmic movements, inspired by the Japanese philosophy of well-being, release tension, stimulate circulation and soothe the mind. A sensory celebration combining the ancient art of massage with contemporary serenity...

The results: a completely relaxed, re-energised body. A treatment that unwinds every part of your body.

BOOK

**先端 SENTAN - HEAD, HANDS, FEET
40 MIN - 110 EUROS**

This treatment is a harmonious fusion that balances the body while providing deep relaxation. It focuses on the extremities, ideal for those who prefer to avoid applying oil to the body, focusing specifically on the head, hands and feet. Pressure stimulates the numerous nerve endings and reflex zones, while effleurage and tapping on specific energy points promote deep relaxation.

The results: a feeling of harmony and balance. A complete treatment that revitalises body and mind.

BOOK

浄化 JŌKA - BODY DETOX

60 MIN - 150 EUROS

A ritual designed to stimulate the detoxification of your body using pumping, drainage and acupressure techniques targeted at the meridians associated with the body's purifying functions, combined with Japanese methods to boost circulation.

*The results: a sensation of lightness, revitalisation and deep relaxation.
A holistic detoxification and well-being treatment for complete calmness.*

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美容 JOHREI - ENERGY

60 MIN - 120 EUROS

Discover our Japanese energy treatment, a delicate practice that rebalances your chakras without physical contact. By harmonising energy flows, this subtle method promotes deep emotional rebalancing. Using ancient techniques and a subtle connection with vital energy, you'll rediscover inner well-being and emotional stability, releasing energy blockages and promoting a sense of inner peace. Immerse yourself in this holistic experience and let yourself be transported to a state of inner calm and harmony.

The results: deep relaxation and the release of physical and emotional tension. You experience inner calm and mental clarity. Symptoms of stress, anxiety and fatigue are reduced, allowing better energy circulation in the body.

BOOK

腹 HARA - BELLY HARMONY
60 MIN - 150 EUROS

The detoxifying abdomen massage is a powerful revitalising and relaxing experience. In Japanese tradition, the abdomen is considered to be the centre of vital energy linked to the Hara, the point of physical, mental and emotional balance. This is where the emotions, stress and toxins that hinder overall well-being are harbored. This treatment aims to release tension, encouraging detoxification of the liver but also letting go of nerves. A cleansing of the organs that promotes internal balance beyond mere psychological relief.

The results: the mind becomes calmer, the accumulation of stress in the tissues is eliminated, and the body is revitalized, achieving harmony between the mind and body.

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NET PRICE IN € — ALL TAXES & SERVICE INCLUDED.
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