



Massage options

During the retreat there will be some time for massage if you choose to book one.

This is *not* included in the retreat price, you will pay directly to Bernard, the therapist.

Therapies can be booked for times outside the retreat activities, either after dinner or during the “free time”, or at the end of the retreat (first-come-first-serve).

Possible slots:

Friday after 20:00

Saturday between 14:00-16:00 and after 20:00

Sunday after 14:00, for those who can/would like to stay after we close the retreat with the final lunch together

Massage Menu

Craniosacral Therapy- Head massage(15 min) 15 euros

Seated massage- Head-Neck-Shoulders-Back-Arms (20 min) 20 euros

Tuina massage - Full body, with essential oils (45 min) 45 euros

Californian massage - Full body, with essential oils (45 min) 45 euros

Hot Stone massage- Full body, with essential oils (60 min) 60 euros

Manual Lymphatic drainage massage- Legs-feet (60 min) 60 euros

Herbal pouch compress massage- Full body, with essential oils and medicinal herb pouches (60 min) 60 euros