

# Your well-being within reach

Valérie Cerisier

Certified practitioner

In wellness massages

By appointment only

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Introductory offer!

20% off

your first appointment!

 Swedish/ Californian massage 1 hour

Combines enveloping strokes and deeper or longer strokes.

Mainly designed for people who are prone to anxiety, stress or tension.

 Prenatal massage 1 hour

Aimed at mothers-to-be, from the fourth month of pregnancy. Relieves pain, eases the symptoms of restless legs syndrome, improves blood and lymph flow, and increases mobility.

Rate for a one-hour massage session:

€45 on-site or from €50 at home, depending on distance.

 Foot reflexology 40 minutes

The foot is a miniature representation of the whole body. This practice aims to restore the balance of the whole body by applying pressure to strategic parts of the feet known as "reflex areas". A purely relaxing time!

Rate for a 40-minute reflexology session:

€30 on-site or from €35 at home, depending on distance.

My services have no medical or therapeutic aim. No erotic or sexual services are performed.