

THE LODGE AND SPA HOTEL SPINAKE LE GRAU DU ROI PORT CAMARGUE



MAGIC OF THE MOMENT... THE SPA

True luxury is : 'take the time to live, rediscover the wonders of nature, listen to his desires'

Free admission all day from 9 am to 8 pm
Accessible from 16 years for medical and safety reasons
Fitness room with free access treadmills and other equipment ...
Private jacuzzi pool, overlooking the marina booking the hotel reception (20 minutes session)
For more information, do not hesitate to contact us

Salon modeling

A space dedicated to relaxation and well-being
The jacuzzi is not recommended before and after modeling
Working with practitioners and therapists from outside, reservations are made in advance.

Our care Indian 'Ayurveda'

Hour: 75 €

Practitioner : Martine Rossi

Ayurvedic massage comes directly from India or the word Ayurveda 'meaning of life' refers to the traditional Indian medicine.

A time of great relaxation, elimination of toxins and energy circulation.

Our care Hawaiian 'Lomi Lomi'

Hour: 75 €

Practitioner : Martine Rossi

Lomi Lomi massage is a deep and rhythmic which can be relaxing or dynamic like the waves of Hawaii.

Flicks and pressures are carried out with forearms and elbows.

Our Californian care

Hour: 75 €

Practitioner : Marie Paul

Californian massage brings deep provided by long strokes, slow and fluid physical and mental relaxation.

In room on request ...

Manicure, facial, scrub, makeup, waxing
or any other beauty treatment ...

Our complete care

Hour: 75 €
Modeling of the head (thirty minutes): 45 €
Therapist : Céline Perpigna

Based on various techniques borrowed from Eastern traditions: Shiatsu and Reiki, Japanese, Tui-Na, Chinese, Ayurvedic Indian origin, Fascia Therapy, Osteopathy fluid and the biological decoding (body memory)

Shiatsu - The Reiki

Therapeutic ancient practice Japanese by manual pressure along the meridians. It will detect excess and energy of some points on the origin of functional disorders gaps.

Tui-Na

Tui-Na is a set of gentle, muscle and joint mobilizations, for circulating the vital energies in the body.

The Fascia Therapy

Fascias are the thin membranes surrounding muscles, bones, organs, brain, spinal cord and connect them like a spider web.

Highly elastic, they maintain organs and absorb shocks. Under the action of stress, fears, tissues shrink and stretch.

The Fascia Therapy frees tension, pain, fatigue, malaise and various ailments.

The fluidic Osteopathy

Stimulus gently self regulating mechanisms of the body.

Hawaiian Lomi Lomi massage or

The Lomi Lomi was imported to Hawaii by Polynesians. It is part of the Hawaiian culture and civilization.

It has spread throughout the world, especially the United States, Japan and Europe.

It is a deep and rhythmic massage can be relaxing or dynamic, like the waves of Hawaii.

It helps to restore the physical and mental harmony. It basically uses pressure with forearm. Elbows, following the dancing movements, inspired by the Hula (Hawaiian dance), which releases muscle tension.

Spring : renaissance

Stimulated organs: Liver (organ emperor) and gallbladder (body emunctory) ..

This season is characterized by a movement from the center to the ends (such as tree sap that rises to branches).

Helped the liver gallbladder will clean the blood of waste accumulated to restore energy and vitality: it prevents muscle fatigue, irritability, allergy ...

In summer : maturity

Stimulated organs: The heart (organ emperor) and small intestine (body emunctory).
Like the sap that has transformed the bud flower then fruit, summer symbolizes fulfillment.
Circulation boosted by the heart aided by the small intestine. This prevents inflammation, hypertension, fever, muscle... cardio

In the fall : harvest

Stimulated organs: Lung (organ Emperor) and the large intestine (body emunctory).
Like plants, the sap descends ends back toward the center and then to the trunk.
This is the point of return to oneself, to calm the excesses of the summer thanks to the breath. Respiratory diseases are avoided, low morale and motivation.

Winter

Stimulated organs: Kidney (organ emperor), bladder (the organ emunctory).
As the sap goes down to the roots for a rest, a prelude to a new renaissance.
Cleaning deep body, the kidneys must eliminate what is not useful, especially excess minerals.

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