



Facial wellness MASSAGES



“My name is Sandrine, and I specialize in Kobido massage, a face massage that offers both a natural lift and a deep sense of relaxation. I invite you to take advantage of your retreat to discover all the benefits of this traditional Japanese massage.”

The benefits of Kobido

Lie back and breathe!

This facial massage is the perfect complement to a yoga retreat. It puts your fluids back into circulation: while lymph evacuates waste products, blood brings nutrients and oxygen to the tissues.

The benefits are many:

- => brings deep relaxation, soothes stress and facilitates sleep.
- => relieves muscular tension in the face and upper body.
- => restores energy and radiance to the face.

According to legend, two Japanese masters invented Kobido during a competition to develop the best protocol for preserving the youthful beauty of the Empress of Japan..

The origin of Kobido

Elles témoignent



« This ancestral massage is as well known in Japan as origami or the tea ceremony. And Sandrine masters it perfectly. One hour of pure relaxation and a “wow” effect at the end: the skin is relaxed, regenerated, even rejuvenated, and you feel wonderful! » Marie

"A perfect moment. Sandrine is an expert and introduced me to kobido. She's a good listener, efficient and gentle at the same time, and knows how to make this moment magical. I can only recommend that you go there very quickly." Edith

“A wonderful discovery! A great moment of letting go, in addition to the quality of the treatment. Sandrine is very professional, and the place is calm and conducive to letting go towards serenity.” Sophie

“The Kobido massage is a perfectly orchestrated dance, gestures follow one another, variations in rhythm and pressure intermingle... the result was just right: facial muscles totally relaxed, skin plumped up, dark circles diminished, letting go during the session, and you feel wonderful afterwards. I recommend it 200%.” Brigitte

“A great moment of pleasure! Sandrine is very gentle, which makes it easier to let go. I particularly appreciated her choreography, which works the facial muscles in depth, then the acupuncture points, which re-energize in a fabulous way. And all this on my vacation spot with the cicadas playing in the background!” Pascale