

SPA MENU

WELLNESS CENTER AT CHARLES LATITUDE





MYRIAM TURCHINI & HER TEAM

With a delicate touch and expert hands, Myriam embodies the quintessence of therapeutic art at the Charles Latitude Wellness Center. Her 15 years of experience make her an essential reference in the field of massages and well-being treatments.

Her mastery of Shiatsu Myo Energetics allows her to balance the body's energies for deep relaxation. Her expertise in Sotai, a form of Japanese osteopathy, ensures a gentle holistic approach. She also excels in Thai Massage and Moxibustion for those who appreciate Asian approaches.

In addition to these Eastern approaches, Myriam is certified in the Renata Franca method for lymphatic drainage and possesses expertise in MBSR Meditation to reduce stress. As a Gymnastics of Expression teacher, she incorporates stretching and dance for a comprehensive body experience.

She goes beyond her skills by creating WELLNESS CONSULTING MONACO, offering personalized coaching, tailored therapies, and beauty and well-being advice.

What truly makes Myriam unique is her ability to adapt to each individual. She knows that every body, every mind has its own needs. With her rich and diverse background, trained in various schools and mastering multiple therapeutic approaches, she can customize her treatments, always in a caring and professional environment.

If you are seeking an unparalleled well-being experience, Myriam from the Charles Latitude center is the person you need to meet. Her expert hands, wisdom, and dedication are the promise of a unique therapeutic journey.

REMEDIOLOGY
ultra

We place special emphasis on the quality of our massage treatments, offering you a unique experience with products exclusively sourced from the Ultra Remediology organic range.



CHARLES SIGNATURE FOUR-HANDED MASSAGE

This four-handed massage is a unique experience where two practitioners work simultaneously. Imagine an enchanting ballet of four hands synchronizing to provide you with unparalleled relaxation. This treatment goes beyond mere relaxation; it also stimulates the entire body and concludes with a soothing facial and head massage. The benefits are enhanced, offering a state of deep relaxation and complete release.

Key Benefits:

- Intense and deep relaxation
- Release of accumulated tension
- Comprehensive stimulation of the body

60min | 160€



RENATA FRANCA METHOD LYMPHATIC DRAINAGE

An invigorating drainage massage that specifically targets water retention, especially in the abdominal and thigh areas. Results are visible from the very first session, providing immediate relief and effective elimination of toxins from the body.

Key Benefits:

- Reduction of bloated belly and bloating
- Relief from heavy legs
- Refinement of the silhouette
- Improvement in skin quality

1h15 | 150€





NATURE AND ESCAPE MASSAGE

This comprehensive treatment covers you from the tips of your hair to the soles of your feet, with the primary goal of relaxation and detoxification of the body. Exotic scents take you on a sensory journey while enveloping you in organic natural oils.

Key Benefits:

- Reduction of cortisol levels (stress hormone)
- Improvement in sleep
- Detoxification of the body

1h15 | 80€



FOOT REFLEXOLOGY

This technique employs massage and acupressure to stimulate various areas of the foot. Foot reflexology provides a comprehensive study of the body's physical reflex activity through the feet.

Key Benefits:

- Improved circulation
- Reduction of tension
- Balancing of bodily functions

45min | 70€



SHIATSU (MYO ÉNERGÉTIQUES)

This deep Japanese-origin massage employs acupressure among other techniques to address bodily pain and musculoskeletal issues. A proven therapy to restore your health and well-being.

Key Benefits:

- Relief from pain and tension
- Improved mobility
- Energy balance

1h15 | 100€



KOBIDO FACIAL

It's not just a massage; it's a traditional Japanese art. The therapist employs a variety of techniques including smoothing, kneading, percussion, and vibrations in an almost choreographed sequence. The effect is so profound that it's often referred to as a genuine 'facelift' for the face and neck.

Key Benefits:

- Natural facelift effect
- Anti-aging
- Improvement in the quality of the skin on the face and neck

60min | 80€



Come and discover these incredible well-being and relaxation techniques under the expert hands of Myriam and her team at the Charles Latitude Wellness Center.

All our massages are exclusively performed using products from the Ultra Remediology organic range.

Book your appointment today to enjoy an unparalleled well-being experience.

contact@charleslatitude.com.

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