



WELLNESS CENTER BOOKLET

*Make an appointment with professionals in our wellness
center.*

Open every day.

#VIGLAMOFAMILY



ALMERGE Patrick

Sophrologist

Graduate of the Certificate of fundamental cycle of the training in Sophrology Caycédienne®, Patrick will give you the keys to improve your quality of life. Sophrology and Mindfulness Meditation offer you a personal training to develop serenity and well-being based on techniques of relaxation and activation of body and mind.

SERVICES

- Mindfulness Session (Mindfulness Meditation)
- Sophrology Sessions Caycédienne® (Being & Well-being in your daily life, in your health, in your sports practice, in your work life...)

Duration : 1H on average



www.shanti-med.fr/



RIOLS Myriam

*Massage Practitioner and Relaxologist
in Ayurveda - Energetic Treatments*

A graduate of the European Institute of Vedic Studies, Myriam brings an attentive and active listening that will reconcile your body, mind and heart. Treat yourself to a relaxing moment among the many massages and treatments offered.

SERVICES

- Energy care, wellness feet/hands/ face
- Therapy of being
- Ayurvedic massages, MARMA sports massage, back and 7 chakras, solo or duo...

Duration : 35 min to 2H



www.myriam-massages-soins.com/

LEPAIX Emmanuelle

*Aromatherapy Consultant and
phytotherapy*

Expert in her field,
Emmanuelle has a degree in
Phytotherapy and Aromatherapy at
the Faculty of Pharmacy and in
Nutrition at the Faculty of Medicine.
She will take care of you by natural
and biological means.

SERVICES

- Aroma consultation-
phytotherapy
- Nutrition Consultation
- Essential oils discovery workshop

Duration : 45 min and 1H



emmanuellelp



06 09 70 96 30



BOUVIER Gaudérique

Yoga Teacher

Trained as a teacher at the French Institute of Yoga (IFY), Gaudérique offers you yoga courses accessible to all. The sessions take place in a spirit of listening and benevolence, the postures are adapted to the needs and possibilities of each person. YOGA brings many benefits: it promotes relaxation, brings flexibility and tone, improves concentration, enhances vitality ...

SERVICES

- Yoga courses

Duration : 1H15



contact@equilibres-yoga.fr



07 81 25 05 90



GUARDIA Eve

Reflexologist

With a degree in Foot Reflexology and the Art of Touch, Eve is gifted with a great sense of listening and empathy. She will help you to re-establish the homeostasis of the body through plantar reflexology and to solve your painful situations (muscular and articular) as well as any imbalance linked to stress thanks to micro digital osteo.

SERVICES

- Foot reflexology
- Micro osteo digital

Durée : 1H



/Eve-Micro-Osteo-Digitale



PAHIN Delphine / Dionis

Owners of Biomonde Leucate shop

Sale and advice on gastronomic, fresh and well-being products, local organic products and local craftsmanship, respectful of the environment: A varied range of products to awake the senses.

SERVICES

- Local AYURVEDICAL and well-being care ranges used in SPA
- Sale of a selection of local organic products, delivery on order of organic products in the form of theme baskets.

Opening : 9:00am -1:00pm / 3:00pm - 5:00pm from Tuesday to Saturday

Address : 2 Avenue Francis Vals,
11370 Leucate
(located behind the savings bank)



/Biomonde-Leucate



/Viglamo-Authentic-Glamping



@viglamo



www.viglamo.fr



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