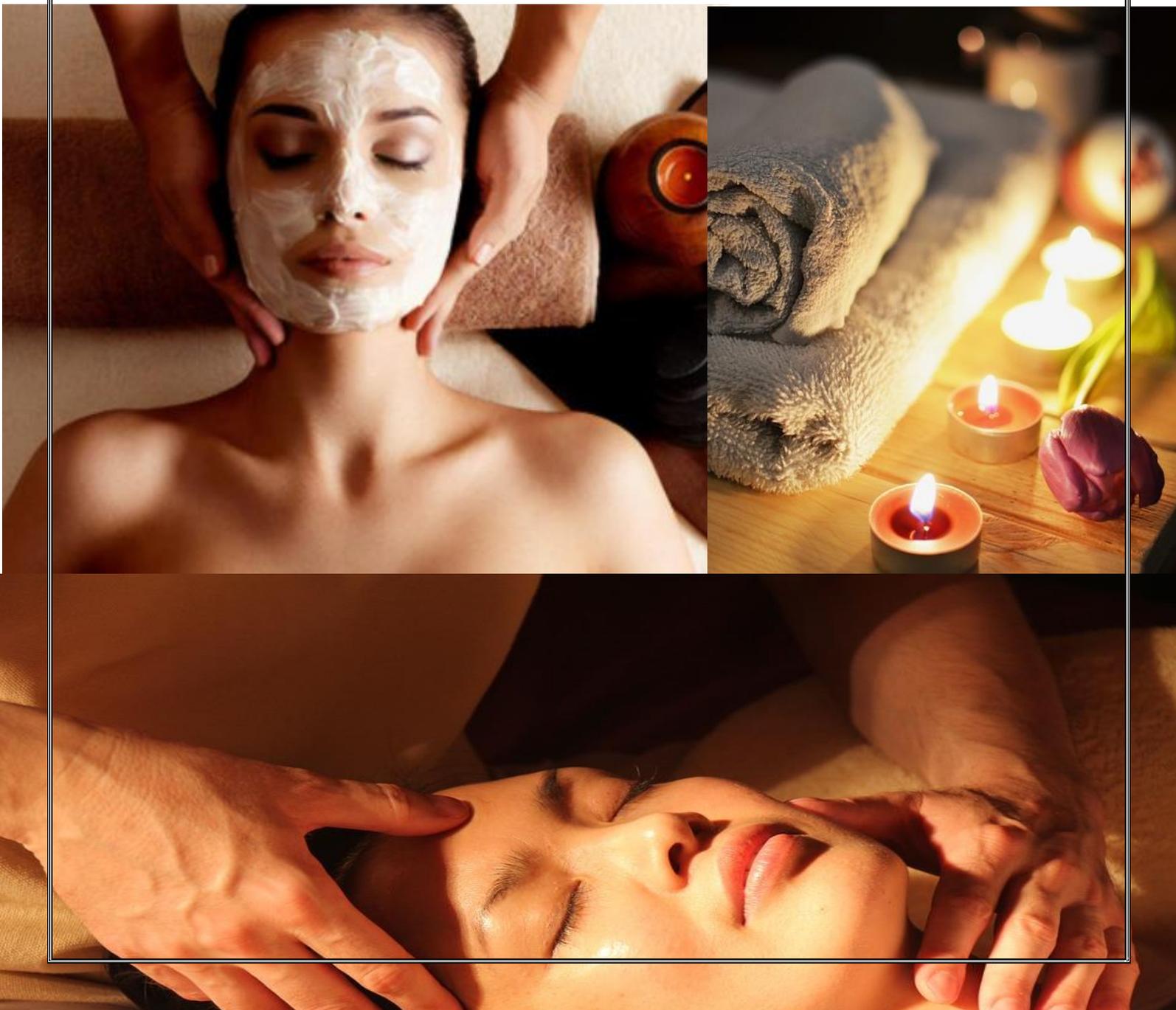




Villa Baulieu

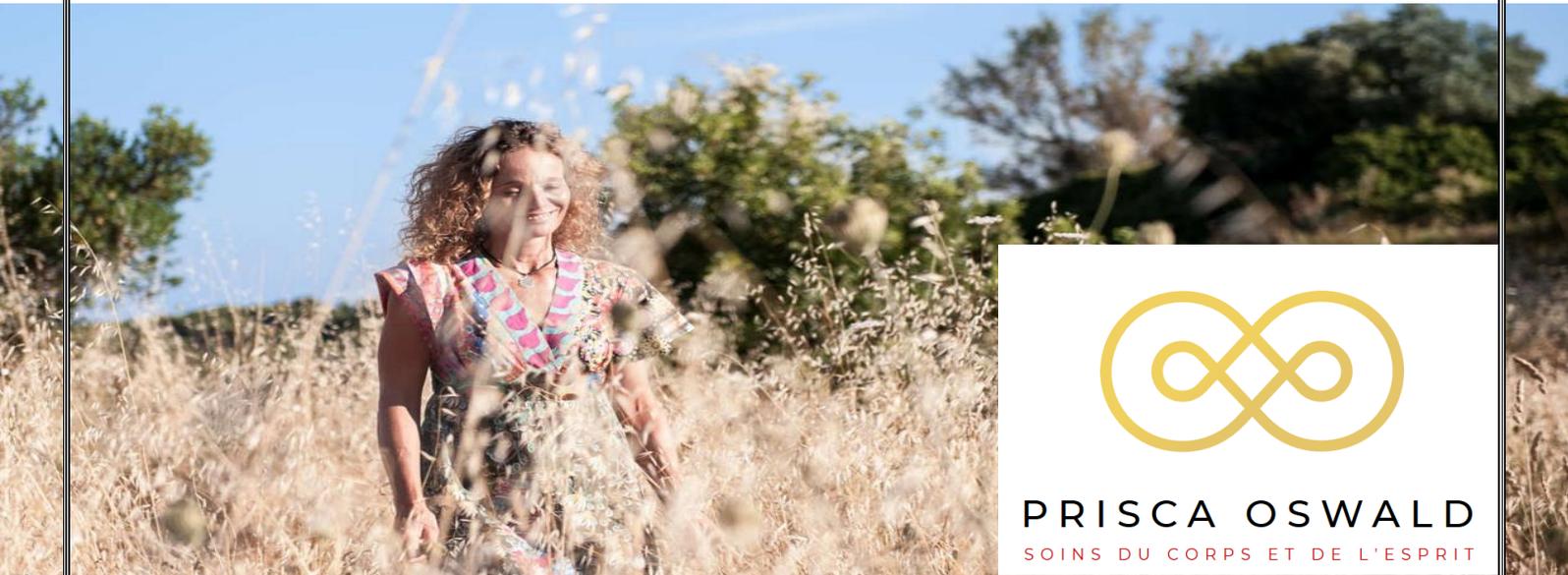
Our Massage Therapies





Villa Baulieu

Our Wellness Specialist



PRISCA OSWALD
SOINS DU CORPS ET DE L'ESPRIT

Her Philosophy

"My experience and training have made one universal principle clear to me – nothing should hinder the flow of vitality.

I see health and well-being as a balance between our emotions, mind and body. This balance and overall health can only be improved when we take care of a person as a whole.

Everything is energy, energy is the vital force flows through us and if this flow is disturbed by our emotions our health is weakened.

The faster we let go of excess negative energy, the faster we improve our health.

It is essential to understand what you need to change to improve your health and well being. We all have the ability to change, we are the masters of our lives/ We have the power to take control of our lives. I strive / want to work on building self - confidence and ability to the power of self-healing.; Working on the energy that links us to the world(present), metamorphic message to transform energy (past) and Lemniscate with its continuous energy (infinity) .

I welcome you to discover these energies with me."

Prisca Oswald



Villa Baulieu

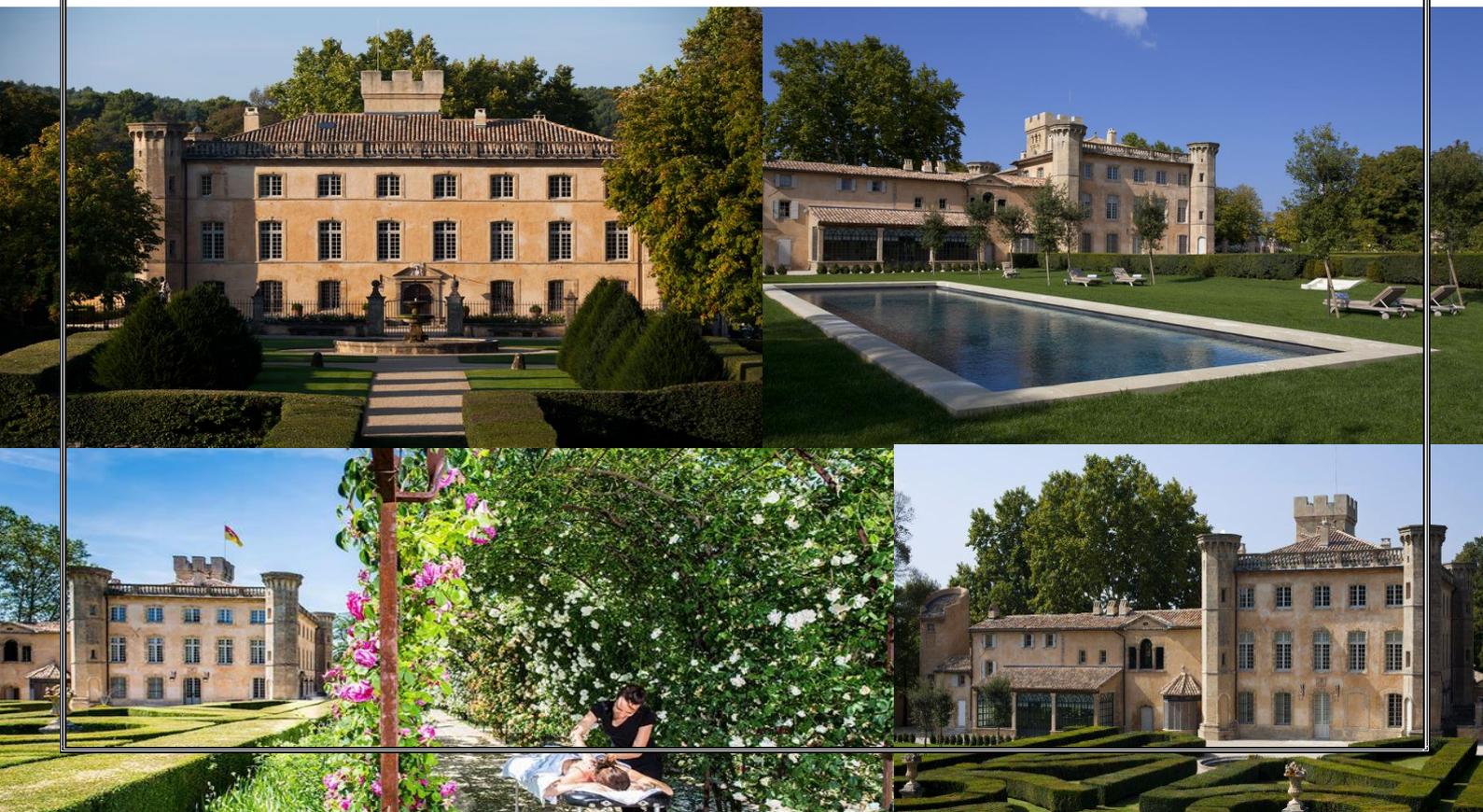
A unique setting

Enjoy the most exclusive pampering experience in the heart of this 16th Century estate. Villa Baulieu is surrounded by vineyards and rolling hills.

A serene and luxurious family estate, this magical place is filled with history. Newly restored, the owners are delighted to immerse you in the art of living in Provence in this vast vineyard and farm.

Rejuvenate with a pampering experience in the middle of the vineyard or in the rose garden!

Guests can reserve treatments in their room, in the heart of the vineyard or in the rose garden.





Villa Baulieu

Signature Treatments

Guests are asked to reserve treatments 2 days in advance

Invigorating and Purifying Massage (Combination Hammam and massage) 90 minutes 115€

To begin guests loosen muscles in our hammam (oriental steam bath) and then receive a Himalayan sea salt body scrub to rejuvenate and smooth dry or tired skin. The body scrub is followed by an energizing massage with warm essential oils which works on Knap points. This pressure point massage releases muscle tension and drains excess toxins.

Lemniscate Massage Harmony and Balance 90 minutes 115€

Using essential oils, the therapist's hands work in figure eight movements in a rhythmic, gentle and harmonious way to relax and release muscle tension. Physically relaxing and calming while mentally uplifting, this massage clears your mind **and spirit will be unified.**

Shiatsu Massage Calming and revitalizing 90 minutes 115€

Using movements inspired by Chinese and Japanese practices, this tension relieving massage dissolves your body's aches and pain and works on the energy of the meridians to revitalize strength.

Ayurvedic Massage Gentle and anti stress 90 minutes 115€

Inspired by ancient Ayurvedic and Taoist practices, this massage combines the power of essential oils with restorative stretching movements to drain toxins and tone tired muscles.

Hammam (Oriental steam bath) body scrub and massage 2 hours and 15 minutes 150€

A perfect combination of the benefits of a hammam , full body scrub and a massage to rejuvenate tired skin and alleviate muscle pain.





Villa Baulieu

California Massage - Relaxing and Relieving 90 minutes 115€

A full body relaxing massage using continuous and flowing movements followed by petrissage to relieve muscle tension promote overall wellbeing.

Swedish Massage Therapeutic 90 minutes 115€

Firm pressure combined with specific techniques, petrissage, stretching and friction to dissolve your body's aches and pains. This massage was originally created for athletes, it focuses on relieving muscle tension.

Lomi Lomi Massage Enticing and gentle 90 minutes 115€

Inspired by Hawaiian shamanic practices, this massage uses continuous and deep tissue movements. Pressure points, long flowing movements and stretching movements procure a general sensation of gentle and enticing waves.

Oriental massage Relaxing 90 minutes 115€

Himalayan sea salt body scrub followed by a relaxing massage with warm oil and heated stones.

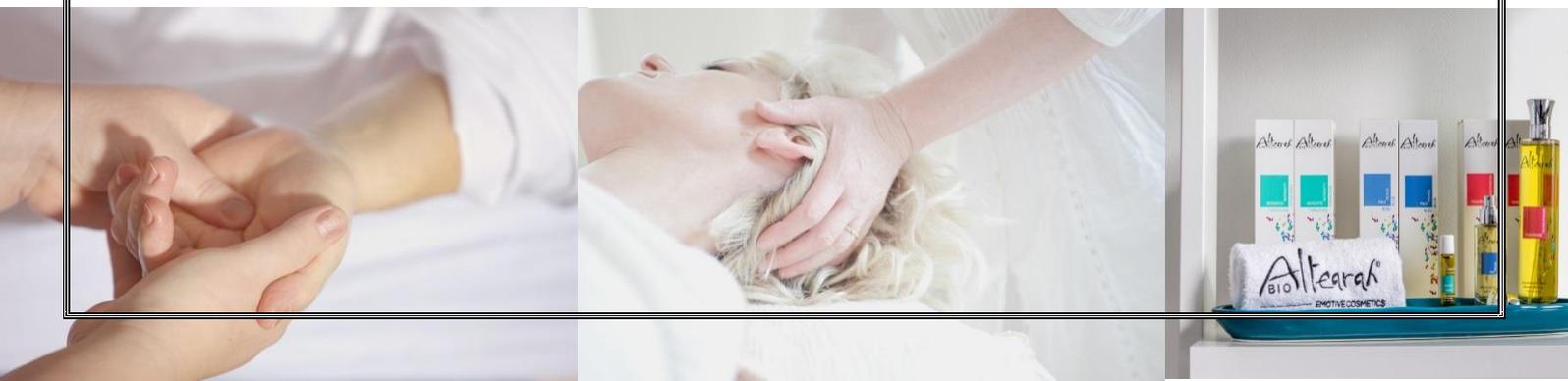
Foot Reflexology massage 90 minutes 115€

Reflexology is based on the idea that the foot is a miniature representation of the body. This holistic treatment uses finger pressure point technics to restore organ balance, lymphatic and nervous system balance and improves blood circulation and digestive health.

Facial Massage 60 minutes 80€

This facial treatment includes a hand and foot massage. It is a beauty and wellness treatment in one, a gentle touch facial massage with essential oils and inhalation of oils will leave your skin replenished and rejuvenated.

Guests are asked to reserve treatments 2 days in advance





Villa Baulieu

Our specialities

All of our products are 100% certified organic Altearah

All treatments include a color therapy session and include essential oils from the Altearah essential oil and beauty product range.



Altearah[®]
BIO
EMOTIVE COSMETICS

To enhance your massage, try a four hand massage.

A massage is rejuvenating, but a massage with four hands is even better. Take the opportunity to try one, you will certainly enjoy it. The benefits are twofold.

Price between 230 and 300 €, depending on the massage selected.

A free gift for all reserved treatments

Gift pack of wipes and room fragrances

Our massage therapist speaks your language!

Our massage therapist speaks English, French and German.



Villa Baulieu

Outdoor Activities at Villa Baulieu

Take advantage of the natural beauty of Villa Baulieu. Discover our outdoor activities

Activities at the Villa Beaulieu

Relax by the swimming pool, go for a walk in our beautiful 54 acre historic garden and landscaped grounds.

Take a walk down the path through the vineyards to the tennis and boule courts or walk to the gazebo.

Enjoy a mountain biking ride on our 740 acre estate.

Discover our wines with a wine tasting with our in house oenologist (by appointment only)

Take a guided hike to discover our estate and see the only volcano in Provence (by reservation only)

Discover the natural beauty and the only volcano in Provence

After a long walk, indulge yourself in our hammam or in one of our jacuzzis in one of the estate's towers. (Children under 12 are not permitted. Children over 12 must be accompanied by an adult).

Relax in our reading room, or for musicians play in one of our music rooms. Everything contributes to the magical aspect of the estate.

