

AUBERGE

SAINT-ANTOINE

MASSAGE THERAPY

Concerned with offering an outstanding massage therapy experience, we are proud to announce our new collaboration with Mr. Michel Van Waeyenberge, founder of ATTITUDE, the only massage therapy school in Québec city who's graduating massage therapists are certified by the Quebec Federation of Massage Therapy.

ATTENTIVE AND EXPERIENCED MASSAGE THERAPISTS

The massage therapists chosen to minister to the guests at l'Auberge Saint-Antoine are passionate and highly skilled and their intervention is directed towards the respect and the needs of their customers. They will be able to offer you a wide range of specialized therapeutic massages such as:

AMMA

This approach, the **precursor** of shiatsu, is the traditional Japanese massage. Performed without oil, it is carried out by handling the various specific points on the body using rhythmic pressure of the thumbs and hands, stretching, rocking, tapping and energetic sweeps. This massage , in addition to being relaxing, stimulates, releases and circulates energy and gives renewed vitality.

CALIFORNIAN

This massage is a tactile experience that reconciles the body, mind and emotions. Combined with oil, it is characterized by its enveloping through long massage movements and deep kneading. It sculpts the body and helps to reconnect with oneself. Blood circulation is improved as well as the drainage of toxins and the released energy flows better. The sensation of oil on the skin, the soothing atmosphere and the attentive ear of the massage therapist make this experience a great occasion to reconnect with oneself and to give oneself well-being.

ESALEN

Combined with oil, with no set sequence, the Esalen massage is an intuitive approach, slow and deep with long, flowing movements, stretching, bending and wide twisting. All these movements are performed slowly and adapted to the needs of the recipient. Esalen massage is an experience that refocuses the body and provides deep relaxation of the being in its entirety.

SWEDISH

A physical approach with oil combining firmness and softness. This technique includes a series of manoeuvres applied briefly on all body parts in a precise application and order. Swedish massage is performed mainly on the muscles and affects the nervous system.

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The benefits of massage are many and affect all facets of the person, on both a sensory and psychomotor (awakening to the senses and perceptions) as well as on a psychological and emotional level (emotional awareness and resistance to stress).

Whether you are looking for a relaxing massage or a therapeutic one, our therapists have mastered different approaches to offer you a complete massage experience.

Choose the date and time that best suit you and we will take care of your reservation. The massage therapist available at that time will offer his or her specialties.

For information or to make a reservation, you can contact our concierge service by dialing 1-800-692-2211 ext. 6166 or by email at concierge@saint-antoine.com.

RATES

60 minutes : 115\$ + taxes

90 minutes : 150\$ + taxes

GENERAL INFORMATION

Treatment Duration

We encourage you to arrive 5 minutes prior to your treatment time in order to fully enjoy your experience. All treatments include time for a personal consultation.

A Relaxing Interlude

Our health club is a place dedicated to well-being and relaxation. In order to fully enjoy this experience and respect our guests' tranquility, we kindly ask you to turn off your cellphone.

Health Club Etiquette

Should you wish to have a shower before your treatment, kindly do so before your arrival. For an optimal experience, inform your therapist of any existing medical conditions.

Reservations & Cancellation

Should you need to cancel or reschedule your appointment, we ask you to give 24-hour notice to avoid incurring the full therapy fee. Cancellations made within 24 hours will incur a charge of 50% of the treatment price. All above indicated prices do not include taxes and are subject to change without notice. Tipping is at your discretion.

Massage therapy receipts for insurance purposes are handed over when asked for.