

WELL-BEING TREATMENTS AT THE CHATEAU DE BEZYL



If you're staying at the Chateau de Bézyl, why not take some time out to relax, get in touch with your inner self and rediscover the benefits of re-energising and rejuvenating body treatments? Relieve muscular tension, unknot blockages in your shoulders and back, reacquaint yourself with your body, eliminate stress and fatigue, or simply enjoy the peace and relaxation.

The Château de BEZYL and its surroundings are guaranteed to provide the perfect backdrop to any treatment you choose, whether you're recharging those batteries or simply in search of rest and relaxation. Our qualified and experienced therapist is both passionate about the treatments he offers and committed to your total satisfaction.

Your well-being involves listening to your body and its needs. There are certain techniques that can be used to "re-balance" the body and the mind. Each relaxation and regeneration technique has its own unique benefits. Among these, you'll find the one best suited to your own needs. Nowadays, natural medicines and naturopathy have shown themselves to be a viable alternative that we can use in our daily lives. So, what are you waiting for?!

“Take some time for yourself... Enjoy some relaxation and physical well-being.” Below are the various treatments on offer to help you feel healthier in both mind and body.

At the Château de Bézyl, you can choose from a wide range of well-being and rejuvenation treatments that includes:

I. “*Well-being massages*” (manual relaxation techniques) using a blend of plant-based oils and essential oils

II. *Relaxation treatments*

III. *Foot reflexology*

IV. *Reiki* (energy attunement process)

V. Workshops / Lectures: workshops and lectures on the following subjects: “stress and its management”, “sleep”, “diet”, etc. can be organised on request

VI. Other treatments

After your treatment, why not enjoy a relaxing wander around the elegant chateau and its stunning grounds?

Fully customised treatments are available on request.

All services and treatments are provided and managed by a professional naturopath:

Jean-Luc Venezia
Naturopathic practitioner

Accredited by Cenatho (European school of holistic traditional naturopathy) – D. Kieffer

School affiliated to FENAHMAN (French naturopathy federation)
Member of OMNES (Association of natural medicines and health education) and the French Health Alliance

SIRET (business registration) N°: 513 311 027 00017

For more information, or to make an appointment, please call: +33 (0)2 99 71 02 08 / +33 (0)6 81 78 41 77

I THE “WELL-BEING MASSAGE”

A well-being massage relaxes, alleviates and revitalises the body. An hour and a half of manual relaxation techniques, using a subtle blend of plant-based oils and essential oils according to your needs and preferences. A veritable treat for the body and mind, carried out with the greatest respect for personal privacy.

The blend of essential oils (personalised to suit individual requirements) helps to restore psychic balance and reduce physical fatigue.

Escape to a world of utter well-being... At the end of your session, you'll feel quite different to how you felt before.

You may even have lost all sense of time. Your re-oxygenated body will have found a new feeling of lightness.

“It's like a voyage that takes you to both faraway countries and your inner self!”



Session length and price:

€60 / 1 hour

€80 / 1 hour 30 mins

N.B.: REIMBURSEMENT OF MEDICAL EXPENSES: An invoice can be provided at the end of each session for your health insurers: YOU SHOULD CONTACT YOUR HEALTH INSURANCE COMPANY IF YOU ARE NOT PARTIALLY REIMBURSED FOR TREATMENTS NOT INCLUDED such as osteopathy and naturopathy.

All sessions offered at the Château de Bézy are classified as preventative treatments, and are not of a medical, rehabilitative or sexual nature.

II RELAXATION TREATMENTS

Allow yourself to let go of any tension you may be feeling, as you enjoy this natural relaxation technique that you can then make part of your daily routine.

This relaxation session uses a number of relaxation and visualisation techniques and exercises, aiming to mobilise your inner resources to help you to deal more effectively with the demands of everyday life, to manage stressful situations and to prepare yourself for important future events.

Relaxation treatments can be carried out for groups or on an individual basis, should a more personalised approach be required.

Sessions last **one hour**. Each session consists of a short consultation/explanation, relaxation and breathing exercises, physical and mental relaxation exercises using visualisation techniques, and an opportunity for the client to discuss their thoughts on the treatment.

Relaxation treatments can be adapted to suit a particular theme or area: mental preparation and performance management (e.g. for exams, public speaking, event presentation, acting, sport, competitions, etc.); boosting energy levels; heightening sensorial perception; eliminating tension, and much more:

- personal development (self-confidence, self-esteem, objectivity, emotional management, etc.)
- sleep disorder management
- weight management
- psychosomatic disorder support
- occupational therapy (e.g. stress management, skills enhancement, dealing with worrying situations, etc.)

A wonderful opportunity to relax and boost your well-being!

Session length and price (individual): €50 / 1 hour (reduced rates possible depending on the number of sessions booked)

Session length and price (groups): €40 / 1 hour (per person, for a group of fewer than 6 people)
€30 / 1 hour (per person, for a group of 6 people)

N.B.: REIMBURSEMENT OF MEDICAL EXPENSES: An invoice can be provided at the end of each session for your health insurers: YOU SHOULD CONTACT YOUR HEALTH INSURANCE COMPANY IF YOU ARE NOT PARTIALLY REIMBURSED FOR NON-APPROVED TREATMENTS such as osteopathy and naturopathy.

III FOOT REFLEXOLOGY

Definition: Foot reflexology is a technique focusing on both sides of the feet, and involves massaging and pressing certain reflex zones on the foot, with varying degrees of intensity, in order to restore the natural balance within the body, organs and glands that correspond to these reflex zones.

The sole of the foot is a miniature representation of all of the areas and organs in the body. By working the sole of the foot, it is possible to effect physical change in the body, affecting stress, sleep, blood and lymphatic circulation. It's also an effective way to relax.

Benefits of foot reflexology: A relaxing way to eliminate stress and boost your energy levels. Foot reflexology can help to reduce stress and tension, and encourage muscular and mental relaxation.

Practised regularly, it will enhance your natural well-being and sense of calm, enabling your body to respond positively to external pressures. 75% of dysfunctions are due to stress: with reflexology, you can improve your health and enjoy a superior quality of sleep and life almost immediately. "It's just one short step from the world of stress to the world of relaxation."

As a preventative technique, reflexology restores balance and harmony within the body. A reflexology session will leave you feeling more toned and full refreshed, better placed to deal with fatigue.

After a reflexology session, the body feels generally fitter and is infused with a wonderful feeling of well-being.

The origins of reflexology:

Reflexology has its roots at the heart of some of the most ancient civilisations, such as Egyptian, Indian and Chinese.



Reproduction of a bas-relief discovered in the tomb of Ankhm'ahar in Saqqarah (between 2500 and 2330 BC)

Session length and price:

€60 / 1 hour 15 mins

N.B.: REIMBURSEMENT OF MEDICAL EXPENSES: An invoice can be provided at the end of each session for your health insurers: YOU SHOULD CONTACT YOUR HEALTH INSURANCE COMPANY IF YOU ARE NOT PARTIALLY REIMBURSED FOR NON-APPROVED TREATMENTS such as osteopathy and naturopathy.

What foot reflexology will not do!

It should be stipulated that under no circumstances is foot reflexology intended to heal or cure illness. Monitoring through reflexology cannot be used to produce a medical diagnosis; such a diagnosis requires a clinical examination, medical tests and resources, and should only be carried out by a qualified doctor.

Reflexology treatments can however be used to identify nervous tension, problematic, overworked or congested tissues and organs, and to flag up physical weaknesses that, if left, could worsen and require the client to consult a specialist for a full examination.

IV REIKI: Energy attunement process

Restore your inner harmony on both a physical and a psychic level.

Mikao Usui



“Even my shadow is in great shape” Zen proverb

Seeking well-being and harmony is one of our major quests in life.

Japanese treatments: Reiki. This is a treatment that transmits energy through the hands, and which works on all levels: physical, emotional and psychic!

Hands are placed on various areas of the body and the chakras (energy centres).

The recipient remains clothed.

Reiki practitioners do not use their own energy but instead channel the universal energy, with its strong vital force.

This is an ancient and powerful energy-based treatment method. It improves general health, relieves tension, rebalances energies, helps to lessen emotional stress and enhances personal development.

Reiki can sometimes even help where no other previous treatment has been successful.

Reiki is approved by health insurers in several countries such as Switzerland and Germany, and is used in hospitals in Canada and the United States.

Benefits of Reiki:

- Reiki creates additional energy that can be used to re-balance and revitalise the body
- Reiki reduces stress and stimulates relaxation, as well as having a deeply calming and relaxing effect
- Reiki helps to reduce pains and aches
- Reiki stimulates the body's self-regulating and self-healing processes
- Reiki strengthens the body's ability to recover after a trauma, and increases physical strength
- Reiki corrects physical and emotional imbalances by attacking the root causes of emotional blockages lodged in the cellular memory
- Reiki helps to eliminate toxins, and purifies and strengthens the body's organs
- Reiki balances and harmonises the working of the body's glands and organs
- Reiki helps to strengthen the immune system
- Reiki optimises the effectiveness of medical treatment
- Reiki acts as an accelerator for personal development efforts

Reiki regenerates the body, improves health, encourages general well-being and inner peace, and also helps to boost personal change.

Session length and price:

€60 / 1 hour 15 mins (reduced rates possible depending on the number of sessions booked)

N.B.: REIMBURSEMENT OF MEDICAL EXPENSES: An invoice can be provided at the end of each session for your health insurers: YOU SHOULD CONTACT YOUR HEALTH INSURANCE COMPANY IF YOU ARE NOT PARTIALLY REIMBURSED FOR NON-APPROVED TREATMENTS such as osteopathy and naturopathy.

Background: Reiki was discovered in Japan by Mikao Usui (1865-1926) at the beginning of the 1900s. It is made up of the words "Rei", meaning the essence of the energy that exists all around us, and "Ki", meaning life force. Hawayo Takata (1900-1980) then introduced Reiki across the world.

Reiki is the universal energy of life that has always existed. Only the name varies, depending on the culture. The Chinese call it Chi, Christians refer to

Light or Spirit, Hindus talk about Prana, Egyptians use Ka and Sioux say Wakonda.

Reiki can also be used on plants, flowers, food, drink and animals.

Reiki is not a therapy, is not classified as a medical procedure and must under no circumstances be used as a substitute for medical treatment. It can, however, be used to support and complement medical treatment. Reiki can help with medical problems but cannot solve them all. Reiki is not a religion. Reiki can be practised by anyone regardless of their beliefs and those of the person receiving the treatment. Even those who do not believe in Reiki can practise or receive it, and experience its benefits.

V WORKSHOPS / LECTURES

Workshops and lectures on the following subjects: “stress and its management”, “sleep”, “diet”, etc. can be organised on request.

VI OTHER TECHNIQUES

Other well-being treatments focusing on areas such as relaxation, rejuvenation and reflexology can be arranged upon request.

