



Water Care - JANZU

Experience JANZU
Deep relaxation
Body and inner relaxation



- **Take advantage of the benefits of water**, and let yourself be guided through a series of gentle movements adapted to each individual. The practitioner's attentiveness and presence allow you to relax in complete confidence.
- **Whether you're looking to calm your mind**, relieve tension or simply indulge in a moment of true relaxation, JANZU is a unique experience of new sensations and well-being

1h session (35/40' in the pool)

Accessible to all, ages 7 to 107

No need to know how to swim or be comfortable in the water

Pool heated to 29° (isothermal clothing available if required)

Price: €70

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