

Relaxing & Wellness

Bubble bath, massages, martial arts and Qi gong : a wellness programme for a healthy stay...



SPA AND SAUNA

📍 PRENOVEL-NANCHEZ

Spa and sauna in the holiday center Le Duchet. Access on booking during school time, from 9am to 6.30pm.



A LA DÉCOUVERTE DU QI GONG

📍 FORT DU PLASNE



HUMANIZEN - MESSAGES ET BIEN-ÊTRE

📍 CHAUX DU DOMBIEF



INSTITUT Ô PTITS SOINS

📍 CHAUX DU DOMBIEF



LES TROIS SOURCES

📍 CHAUX DU DOMBIEF

Relaxing and wellness center in Chaux-du-Dombief with sauna, turkish bath, spa. Massages, yoga lessons, initiation to massage.



