



Yacht Club de Monaco



Our treatments

WELLNESS by YCM

Relax, Restore
& Rejuvenate



Welcome to Wellness by YCM

YCM Wellness welcomes you to an area totally dedicated to wellbeing and relaxation.

Working with our professionals, we have devised an ensemble of “Wellbeing and Balance” packages.

Designed to improve and develop the wellbeing of every one, they include a full range of treatments, relaxation techniques and massages.





| Body Treatments

Massages

Deep Tissue Massage
60 mins /€120

A full body and head massage, the treatment focuses on trigger points to help release knots of physical tension. This personalized massage targets deep muscle structures and connective tissues to aid recovery and promote relaxation.

Energetic Massage
60 mins /€120

A deep fingertip massage for the body and head targeting pressure points and meridian channels used in acupuncture. Soothes away tensions and stimulates energy pathways in the body.

Californian Massage
60 mins /€120

An all-embracing gentle massage that enables you to totally let go. This method is designed to awaken a psycho-bodily awareness that helps you banish irritations.



Swedish Massage

60 mins /€120

A dynamic massage technique that aims to dissolve tension and strengthen muscles and joints. Its toning and relaxing effect promotes blood and lymphatic circulation and the elimination of toxins, and helps the body to regain its natural balance.

Holistic Massage

60 mins /€120

Holistic Massage helps balance mental and physical energy. It is an oil massage, soft and deep, structuring and unifying. By offering relaxation, energy, openness to intimacy and life, it is a real tool for personal development.

Kawasaki Way

60 mins /€120

A full body , head and face massage. Our essence is made harnessing the power of nature to the fullest, combined with surgical techniques developed from an understanding of body characteristics. We promise breakthrough anti-aging, body changing results, which will touch the depths of your soul.



Destressing Micro-Massage

60 mins /€120

A manual therapy that works gently without manipulation on fascias to release and bring relief to muscles, joints and organs.

Slimming Massage

60 mins /€120

This is a firming, toning massage that acts directly on the parts of your body you want to remodel. It can refine your shape, firming and smoothing the skin while helping to eliminate the 'orange peel' effect of cellulite by draining the lymph nodes and removing toxins.

Our Professionnals

Yann FOUILLET



Nicolas FOUQUET



Mayumi YAMAZAKI



Claudio PESCE



Certified professionals who share the same values.

United under the YCM logo, our professionals share the same vision to ensure you experience a moment of pure relaxation in an elegant and welcoming environment.

They are proud to be here to offer you their expertise.



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INFORMATION & RESERVATIONS

Espace Wellness

Tel: +377 93 10 65 04

Email : wellness@ycm.org

Service Membres

Tel: +377 93 10 63 00

Email : membres@ycm.org

Yacht Club de Monaco
Quai Louis II, 98000 Monaco