

Le massage visage, une tradition à Lyon

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Le massage visage est une tradition à Lyon qui date back centuries. It is said to be beneficial for both the mind and body, and can be done with or without oil. The therapist will use their hands, fingers, and sometimes a special tool to massage the face in a specific way. This can help to improve circulation, reduce wrinkles, and promote relaxation.

There are many different types of facial massage, but the most common is the Swedish facial massage. This involves using long, smooth strokes on the face and neck.

Facial massage is a great way to relax and rejuvenate the skin. It can also help to improve circulation and reduce wrinkles. If you are looking for a relaxing and refreshing experience, facial massage is a great option.
 This type of massage is based on the same principles as traditional massage, but focuses on the face and neck. Facial massage can help to improve circulation, reduce stress, and promote relaxation.
 It is also said to help with conditions such as acne, wrinkles, and tension headaches.

There are many different types of facial massage, but the most popular in Lyon is the " effleurage." This involves using the fingertips to gently stroke the face in a circular motion.
