

BODY AND MIND CARE

Boulevard Leblois in Strasbourg, L'Ilozen has opened its doors to well-being. Care with essential oils, reflexology session or sophrology, Sandrine Ankaoua offers various formulas to restore relaxation and tone to its customers.

The Ilozen is nestled in an old apartment. "To feel at home," Sandrine Ankaoua emphasizes the intimate concept she wanted to give to the place. From the entrance, the tone is given: incense scents, watchman Buddha at the end of the corridor ... Each piece has a color, chosen in harmony with the furniture and the care or techniques put forward. On the left, the old bathroom with jetted tub serves as a spa. Out of sight, a soothing view of the trees of the inner courtyard.

Energy balance

Two other rooms are reserved for well-being. The essential oils have a central place, based on grape seeds or soy, vegetable, married to scents adapted to the customer's expectations: relaxation, toning

Sandrine Ankaoua also practices foot reflexology. This ancestral technique frees stress and tension, promotes the elimination of toxins ... balances the different energies of the body.

The rest room, walls in warm colors, velvet sofa, is used for sophrology sessions. This practice makes it possible to develop one's concentration skills, to adopt a positive attitude, to take a step back in certain situations. It also has a positive influence on sleep quality and stress management. Sequences, individually or in groups and in companies are recorded so that people can practice at home. "Cultivating the positive, self-awareness, pleases a lot. You have to live with your body and by synchronizing it with your mind you get balance and harmony," says Sandrine Ankaoua. In her mail directory, some 1500 addresses serve to communicate about her events. A clientele that has imposed itself naturally through word of mouth. Her greatest satisfaction is to see the transformation of her customers.

Global harmony

"I teach them to work on themselves by focusing on the present moment and the future. My clients are mostly women who have trouble dealing with stress and anxiety related to their work and family lives. Men are athletes with back pain or stressed businessmen. A well-being that Sandrine Ankaoua has looked for herself by opting for a complete professional turn. A graduate of the School of Business in Strasbourg, the young woman worked in advertising and training of surgeons in medical equipment before stopping everything. "When I was young, I wanted to be a psychologist, at 34 years old, I needed more real relationships and to bring something concrete to our society." After several trainings related to well-being, she received a master's degree in business creation at IAE Strasbourg where she built her project, finalized through an internship in a spa hotel.

Weekend training

She also studied sophrology at the Swiss Academy of Sophrology. Physiology, anatomy, modeling and reflexology: techniques that she quickly integrated from the medical world.