

Article ELLE Magazine - 2009

Since April, L'Ilozen has been offering well-being techniques for people who are stressed or seeking gentleness.

Stress related to work, stopping smoking, upcoming exams, tiredness, disturbed sleep ... The Ilozen can probably do something for you. Sandrine Ankaoua practices foot reflexology, sophrology and well-being treatments. In short, with her we relax. Moreover, this young woman allows everyone to reclaim his/her own body and finally make his/her body a best ally rather than his best enemy. Spa, facials or back, relaxing or energizing formulas, foot and calf work ... Sandrine Ankaoua listens, works quietly, with scents of incense and finally takes her visitor to an interior journey. The result is not magic. The work of the young woman is simply to reintroduce consciousness and presence into beings too often absent from themselves. Conclusion, when you leave 70 m2 of zenitude, you feel better in body and mind. The legs are light and the heart happier.

Article City Strass 2019

L'Ilozen CAP On Well-being!

A true haven of sweetness with a thousand scents. The Ilozen opens the doors of well-being. It is in the warm light of the candles and the enchanting sound of sweet melodies that Sandrine pampers you with her fairy fingers and delivers you, like a magic wand, stress and tensions of everyday life. Well-being formula, jet baths with essential oils, foot reflexology, sophrology ... Give yourself a moment just for you to feel as good in your head as in your body. Set sail for L'Ilozen without further ado.