

Chateau Charly Services

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RELAXATION MESSAGES

Relaxation Massages are provided by Carole Gauville who is a practitioner with 15 years experience. She speaks English reasonably well. Relaxation massages require 1 hour treatment per person. Carole can only provide massages for a maximum 3 treatments successively. The cost per person is €50 and we recommend making bookings a week in advance. Carole provides 3 different contact massages and the non contact Soins Energétiques massage as detailed below

Massage Ayurvédique

Soin traditionnel d'inde pratique a l'huile. De massage apporte un moment profonde détente du corps et de l'esprit. Traditional Indian massage with oil. Provides a deep moment of relaxation of body and mind

Ayurvedic massage combines the 5,000-year-old Indian principles of Ayurveda—the science of life—and pressure points. This type of massage is designed to create balance among the mind, body, and spirit, and help the body heal itself. It's sometimes referred to as an "oil massage" because it typically incorporates warm herb essential oils, as well as time-honored and non-traditional strokes and kneading that suit an individual's needs.

Massage Tibétain / Tibetan Massage.

Massage traditionnel tibétain par application d'huile. Ce massage augmente la vitalité et atténue la douleur., élimine les toxines et apaise. Tibetan massage. Traditional Tibetan massage by application of oil. Massage increases vitality and relieves pain, eliminates toxins and soothes.

The techniques used in Tibetan massage are similar to techniques used in other massages. The therapist will also use a deep circular motion to acupuncture points. Tibetan massage is commonly used to treat headaches, menstrual disorders, constipation, and lumbar pain. It has also been said to improve metabolism, sleep, appetite, and mood.

Réflexologie Plantaire / Reflexology (Foot Massage)

Elle consiste a soulager, détendre ou traiter les différents troubles du corps humain grâce a des pressions manuelles exercées sur certaines zones des pieds. Elle travaille l'équilibre du corps.

Reflexology is a form of bodywork that involves applying pressure to the hands and feet to produce changes in pain and other benefits elsewhere in the body.

How Does Reflexology Work?

The underlying theory behind reflexology is that there are certain points or "reflex areas" on the feet and hands that are connected energetically to specific organs and body parts through energy channels in the body.

By applying pressure to reflex areas, a reflexologist is said to remove energy blockages and promote health in the related body area.

Here are some examples of reflex areas and their corresponding body parts:

- The tips of the toes reflect the head
- The heart and chest are around the ball of the foot
- The liver, pancreas, and kidney are in the arch of the foot
- Low back and intestines are towards the heel

Although the roots of reflexology go back to ancient Egypt and China, William H. Fitzgerald, an ear, nose, and throat doctor, introduced this concept of "zone therapy" in 1915. American physiotherapist Eunice Ingram further developed the zone theory in the 1930's into what is known as modern reflexology.

According to reflexologists, pressure on the reflex points also helps to balance the nervous system and stimulates the release of endorphins that help to reduce pain and stress.

Soins Energétiques / Energetic Massage

Méthode ancestrale d'harmonisation énergétique par imposition des mains. Le soin apporte un bien-être, une détente et une harmonie du corps et de l'esprit. C'est une énergie de soins qui agit au niveau physique, émotionnel, mental et spirituel. Il accroît le bien-être, l'énergie (dissout les blocages), la conscience, relaxe et élimine le stress. Ancestral method of energy harmonization by laying on of hands. The care brings a well-being, a relaxation and a harmony of the body and the spirit. It is a healing energy that works physically, emotionally, mentally and spiritually. It increases the well-being, the energy (dissolves the blockages), the conscience, relaxes and eliminates the stress

Energetic massage is a set of specific techniques that allow you to renew or harmonize the energy flow in the human body. Its main action is aimed at restoring the energy balance in the body



and the development of deep blocks. It affects the energy channels (meridians) through which the vital energy of Qi circulates in the body. Impact on

biologically active points located along the meridians stimulates the work of organs and body systems, due to the transfer of energy impulses.

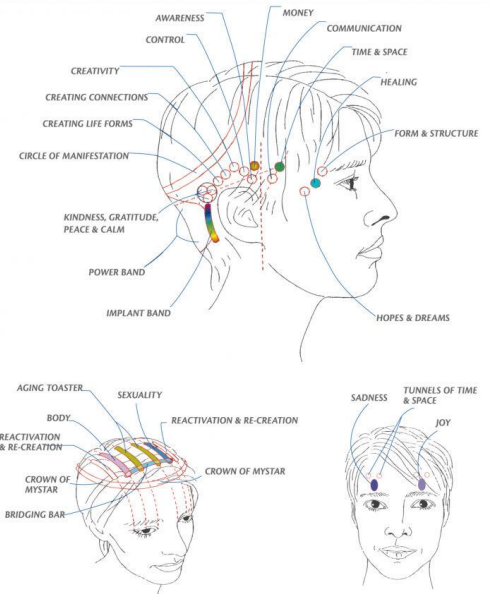
To conduct an energy massage requires knowledge of the bio-energetic processes in the physical body of a person and in his thinner bodies, as well as knowledge of techniques for working with these energies.

Energetic massage plays a great role in restoring not only the physical body of a person. Conditions are created under which vital energy flows are actively activated, thin bodies are restored, which, in turn, include a mechanism for self-healing of body parts where this flow was disturbed.

The purpose of energy massage is to restore the flow of vital energy, to send divine energy to each organ and every cell of the physical body in the frequencies that are necessary for its speedy recovery and normal operation.

Effect of energy massage:

- muscle relaxation and elimination of muscle clamps
- relieves fatigue, pain
- strengthens immunity
- body detoxification
- restores the balance between body and soul
- stopping obsessive thoughts
- allows you to keep your body and spirit in the best shape
- removes energy blocks
- cleans the energy system from pollution and slag
- activates the base energy points at the level of thin bodies
- energy pumping
- increases the flow of energy and directs it to each body in the qualities that are necessary to restore functions and normal operation. restores the energy system



PRIVATE YOGA CLASSES

Led by Yoga teacher, Delphine Maltete-Compain who specialises in Yoga Therapy. The classes are conducted through example and primarily in French .

SINGLE SESSIONS

45 MINS - €65, 60 MINS - €69, 90 MINS - €90

Share your session with one other at no extra cost.

ADDITIONAL ATTENDEES

Fee for more than 2 attendees

45 Mins - €10 each additional attendee (up to 5)

60 Mins - €15 each additional attendee (up to 5)

90 Mins - €20 each additional attendee (up to 5)

Delphine conducts several forms of Yoga including Yoga Therapy as described below.

Yoga et Yogathérapie

Le yoga

Discipline ancestrale originaire d'Inde, le yoga est une méthode associant des postures, des exercices respiratoires, pratiqués de façon synchronisés, de la relaxation et de la méditation. Grâce à une approche complète et cohérente, le yoga agit sur les différentes facettes de l'être humain – physique, psychologique, philosophique – et permet ainsi d'entretenir sa santé, développer ses ressources personnelles, et accéder à un état d'apaisement émotionnel et mental.

La yogathérapie

La yogathérapie est l'utilisation spécifique des outils du yoga appliqués au domaine de la santé. Aussi bien pour la prévention que pour la prise en charge de patients souffrant de troubles.

La pratique des **postures**, des **respirations**, des différentes formes de **méditation**, de la relaxations associé au travail de **prise de conscience** (et prise de recul), permettent de **développer les propres ressources** de notre organisme pour ramener **l'équilibre** naturel perdu tant physique que mental.

Les **exercices** seront toujours les plus **simples** possibles. Il ne s'agit pas de faire des exercices extrêmes. Ils sont toujours **accessibles** au patient. Pour s'adapter au mieux, la yogathérapie dispose d'une **cinquantaine d'exercices de base** que le yogathérapeute apprend à maîtriser complètement. **L'adaptation** se fonde sur le **ressenti** du patient dans un échange permanent avec le yogathérapeute et ne se base jamais sur un catalogue ou des recettes.

L'association des méthodes traditionnelles et millénaires aux neurosciences et aux études scientifiques et médicales, a montré la validité de cette **prise en charge globale** dans de très nombreux domaines de la santé de la lombalgie chronique à l'anxiété en passant par les troubles métaboliques, respiratoires...

Elle s'adresse aux différentes facettes qui composent un individu qui forme **un tout indissociable** : le corps, les émotions, les pensées et croyances interagissent en permanence. Il est donc toujours possible d'agir par un de ces points pour permettre à tout l'organisme d'en bénéficier.

Le patient, aidé par le yogathérapeute dans des séances individuelles ou en petits groupes rend le patient / élève de plus en plus **autonome** pour se prendre en charge par un travail régulier sur lui-même.

Le patient / élève est à chaque fois considéré dans sa **singularité**, son parcours, pour travailler systématiquement à partir de son ressenti, des ses pensées et de ce qu'il est d'unique.

Il est important de noter que la yogathérapie n'est en aucun cas un substitut aux thérapies médicales modernes, mais est au contraire un ensemble d'outils **complémentaires** utilisable conjointement aux traitements médicaux.

Elle vise à **développer la sérénité** chez le patient qui rend alors encore plus efficace les prises en charge conventionnelles en les **potentialisant**.

La yogathérapie s'accompagne de nombreux conseils de vie pour renforcer les **cinq piliers de la santé** : Hygiène des rythmes, hygiène alimentaire, développement des relations aux autres apaisées, activité physique et enfin travail sur soi (émotionnel et spirituel).

YOGA

An ancestral discipline originating in India, yoga is a method combining postures, breathing exercises, practiced synchronously, relaxation and meditation. Thanks to a complete and coherent approach, yoga acts on the different facets of the human being - physical, psychological, philosophical - and thus allows to maintain one's health, develop one's personal resources, and reach a state of emotional appeasement and mental.

YOGATHERAPY

Yogatherapy is the specific use of yoga tools applied to the field of health. Both for the prevention and for the care of patients with disorders.

The practice of postures, breaths, different forms of meditation, relaxation associated with the work of awareness (and taking a step back), allow to develop the own resources of our organism to bring back the natural balance lost both physical and mental .

The exercises will always be the simplest possible. It's not about doing extreme exercises. They are always accessible to the patient. To adapt to the best, yogatherapy has about fifty basic exercises that the yogatherapist learns to master completely. The adaptation is based on the feeling of the patient in a permanent exchange with the yogatherapist and is never based on a catalog or recipes.

The combination of traditional and millennial methods to neuroscience and scientific and medical studies, has shown the validity of this comprehensive care in many areas of health from chronic low back pain to anxiety through metabolic disorders, respiratory ...

It addresses the different facets that make up an individual who forms an inseparable whole: the body, emotions, thoughts and beliefs interact constantly. It is therefore always possible to act on one of these points to allow the whole organism to benefit from it.

The patient, assisted by the yogatherapist in individual sessions or in small groups, makes the patient / pupil more and more independent to take charge of himself by regular work on himself.

The patient / student is each time considered in its singularity, its path, to work systematically from his feelings, thoughts and what is unique.

It is important to note that yogatherapy is by no means a substitute for modern medical therapies, but is instead a set of complementary tools that can be used in conjunction with medical treatments.

It aims to develop serenity in the patient, which then makes conventional care even more efficient by potentiating them.

Yogatherapy is accompanied by many life tips to strengthen the five pillars of health: hygiene rhythms, food hygiene, development of relationships with other appeased, physical activity and finally work on oneself (emotional and spiritual).

MAID & CLEANING SERVICES

Maid and cleaning services are available. These can be provided by our cleaner who lives locally and regularly works at the chateau. She is flexible on hours required and services required.

Charges are €12 per hour payable locally.

BABY SITTING SERVICES

Where our diaries permit we are available to provide onsite babysitting services.

DOG SITTING SERVICES

As dog owners with 2 very sociable Irish red setters we welcome the opportunity to dog sit whilst owners go out on day trips. This is a service provided free of charge where our diaries permit as our dogs love the company of new companions. For dogs that prefer their own company we are happy to just provide "comfort breaks" and a walk.

CHEF A DOMICILE

Chateau Charly has a number of chefs we work with to provide dining Chez Chateau Charly or a food delivery service. Menus are typically €45 - €55 per person for a 3 course menu served onsite plus €65 for a service/sous chef/washing up etc. chef assistant for more than 6 diners.

It is strongly recommended to place a booking for a chef several weeks in advance to ensure Chef availability.

Menu choices typically need to be agreed with a week's notice to enable chefs to plan and obtain fresh ingredients.

Chef Roberto Ortiz

Traditional French Cuisine and Fusion Cuisine (Traditional French with the exoticism of Brazilian dishes).

Membre de l'Académie Nationale de Cuisine

Membre des Toques Blanches de France

Membre des Disciples d'Escoffier

Médaille de Bronze de la Ville de Paris

Roberto's Sample Menu Options 2019 (Menu Options vary according to seasonal produce)

First Course / Entrée:

- Beef tartar in Orléans mustard sauce, corn bread toasts, crunchy vegetables
- Sweet fresh Loiret corn cream, served cold, prawns in exotic spices, coriander oil
- Summer season cantaloupe and ham, in variations
- Escargots – French snails ravioli with dill and ricotta, herbs sauce, toasted "sarrasin", garlic foam
- "Crudo" of fresh fish with seasonal garnish of fruits and vegetables, crusty almonds
- Perfect egg (slow cooked organic egg), green peas, vegetables from the garden, homemade croutons

Main Course/Plat:

- "Blanquette de Veau" – classical French dish with braised and slow cooked veal in white wine and cream sauce, mushrooms onions and carrots
- "Bouillabaisse" – classical French dish with different kinds of fish stewed with fennel and tomatoes
- "Blue feet" Orléans chicken in herbs sauce, seasonal garnish
- Herbs crusted black cod, fregola sarda in lobster broth, vegetable pearls
- Slow cooked pork filet mignon, with "Sologne" sauce (honey, mustard, mushrooms and white wine), vegetable variations garnish
- Beef cheeks slowly braised in local beer, French-Moroccan couscous, seasonable vegetables.

Desert:

- Vanilla Parfait with fresh fruit macerated in rosé wine, almond crumble, raspberry coulis
- Chocolate panna cotta, with slightly jellified fruits, chocolate crumble
- Pear poached in red wine, homemade pear sorbet, almond cake and almond chantilly
- Tarte Tatin – regional style caramelized apple pie in a modern twist with homemade vanilla ice cream and apple cider caramel
- Tropezienne – Saint Tropez specialty, sugar brioche with orange blossom cream served fresh fruits and homemade sorbet
- Deconstructed lemon pie – modern version of a French lemon tart with meringue

Chef Irina Perminova

Traditional French Cuisine

Irina's Sample Menu Options 2019 (Menu Options vary according to seasonal produce)

Menu 1

- soupe a l'oignon
- canard confit, salade et pommes de terres rissolées OU canard à l'orange x 7 (orange)
- tarte au citron meringuée maison

Menu 2

- bouchée a la reine aux lardons et champignons
- boeuf bourguignon
- panna cotta au caramel

Menu 3

- foie gras entier mi cuit au whisky, génoise en pain d'épices et confiture de coings maison
- joue de porc confite, sauce au citron vert et poivre, sarrasin aux chanterelles et parmesan
- oeuf fabuleux de blet (coque en chocolat, mousse aux fruits exotiques)

Menu 4

- ceviche de saumon à la péruvienne
- filet de mostelle avec son damier de courgettes
- pavlova a la fraise

Chef Anna Wallace

Traditional French & English Cuisine

Anna's Sample Menus

- Walnut, pear and Roquefort salad with a Balsamic dressing
- Duck leg with an Orange Jus served on Crushed new potatoes with a hint of whole grain mustard and garlic green beans
- Homemade chocolate pots served with a lavender shortbread biscuit.

CHEF MASTERCLASSES

If you are a lover of food and different flavours, learn the secrets, the subtleties of French cuisine or fusion cuisine such as the exoticism of Brazilian cuisine then sit back and enjoy the results. Masterclass course costs vary depending on the requirement. An illustrative cost of a Masterclass followed by a 3 course meal for circa 10 dinners is c. €1,000

Chef Roberto Ortiz

Traditional French Cuisine and Fusion Cuisine (Traditional French with the exoticism of Brazilian dishes).

Membre de l'Académie Nationale de Cuisine

Membre des Toques Blanches de France

Membre des Disciples d'Escoffier

Médaille de Bronze de la Ville de Paris

TAILORMADE WINE AND SIGHTSEEING TOURS

Chateau Charly works closely with Nick Borland, a professional sommelier with a deep knowledge of the region. His long experience in the fields of wine and tourism enables us to offer à la carte tours to discover the wines, history and culture of this beautiful part of France. The tours are adapted to your specific requirements and we can even propose activities to keep the children as happy as the parents!

Our wine tours are the perfect introduction to the world-class Sauvignon blanc wines of the Central Loire Valley with household names such as Sancerre and Pouilly Fumé being the best known. You will also discover some rare wines from a recently created appellation known as Coteaux du Giennois.

And red wine lovers, please do not despair, the region also produces some great pinots, especially from around Sancerre.



About Nick Borland

Nick has lived in France for over 20 years and although he has worked in pretty much all the French wine-growing regions, his passion for great wine, food, history and culture, made it an easy decision for him to settle in this beautiful part of France. His professional experience in wine and tourism has been long and varied and has included, amongst others, working as a wine buyer and sommelier for boutique hotels, putting together wine lists for restaurants, a specialised wine tour guide for luxury hotel barges, a « wine hunter » for Scandinavian importers as well as organising and conducting wine-tastings to Wine Societies in the UK, Germany and Holland.



What guest have said

“Nick, can’t emphasise enough how much we enjoyed our time with you in France! Your knowledge of wine is so expansive. Your ability to tailor the trip to our interests was very customer oriented. You planned and scheduled tastings to exclusive vineyards as well as stopping at unknown wineries in a small village to secure a tasting while driving down the road. Your vast familiarity with the lay of the land, so to speak, as we visited Regional to Grand Cru plots was so appreciated. Your lunch and dinner reservations were one of the highlights of our trip! This was our second time touring with you and we look forward to another visit as you always provide new adventures! Thanks so much,” **Joe & Andi Kafka, USA / California**