

MARCHESSEAU

HEALER HOLISTIC HUMANIST

A MASTER

Massaging is an art, one that calls for mastery. A multiple art, it links several disciplines and practices! A masseur, physical therapist and osteopath by training, *Christophe Marchesseau* has created his own approach to traditional osteopathic treatment.

For over 30 years, his expertise has helped him develop an all-round, comprehensive technique; one that is therapeutic, simple, and holistic. Through synergy, he enables the body to get back on track and regain its posture, conscience, intuition, and growth.

Based in St Barths in the French West Indies, he is acclaimed internationally: his intuitive, caring approach, plus his qualities as a trainer and recruiter are sought-after.

Today, *Marchesseau* works from his Spa in St Barths, for private clients or in carefully chosen luxury hotel or palaces.

But he is also a magician, a humanistic philosopher and a man who radiates serenity and wellbeing. *Marchesseau* conveys a peaceful attitude, helps his clients let go; he helps them recharge and gain overall well-being.

*“His technique goes well beyond the simple massage.
His work of aligning the body creates immediate
and deep-seated relaxation.”*

Clémence von Mueffling, editor-in-chief



Photo Jakob Dreschik



EXCELLENCE DES SENS

In 2009, *Christophe Marchesseau* launched his own comprehensive holistic method: it links massage and physiotherapy, osteopathy and the five senses, aims at awakening both mind and body.

Providing a complete state of well-being, this inclusive, far-reaching approach aims to massage the body in a subtle, attentive and personalized way.

Each session is designed to awaken the senses using fragrances: these intensify the state of relaxation, trigger emotions and improve self-confidence; each session concludes with a ribbon of aromatic smoke. *Marchesseau* believes in the power certain scents have to rebalance our senses, help us to disconnect and attain peace.

He has therefore created a range of 100-percent natural and organic products, which reflect his values: one can continue to let-go outside the spa environment.

“A session with Christophe is always a piece of paradise.”

John Demsey, CEO

A PLACE CALLED PARADISE

After honing his skills in St Tropez, in Paris's best luxury hotels like the Costes, the George V and the Bristol, then working internationally, *Christophe Marchesseau* opted to settle in the Caribbean: he chose St Barths' emerald-blue paradise, where an essential link with nature provides the source of all balance and equilibrium.

In St Barths he is nourished by the elements - nature, rocks, sea, sun, flora and fauna - plus the island's earthy energy. It is an ideal world in which to recharge one's batteries, create and improve oneself.

It is also where *Christophe Marchesseau* cultivates a loyal clientele, including many stars and celebrities, away from prying eyes.

*"Christophe is a real professional.
He is a genius, helps the body regain better health.
He is a wealth of knowledge."*

Nancy Shevell and Paul McCartney



“Good biomechanical, anatomical and pathological training demands years of apprenticeship and real knowledge.”

Christophe Marchesseau

TRAINING

Christophe Marchesseau's priority is to train and share, pass along this knowledge.

Working in the world's most beautiful spas has made him recognize the gap that exists between luxury design and the choice of the hand that heals, that the quality of the therapist isn't valued as it should be. He wishes to change this approach and train great therapists in the long run.

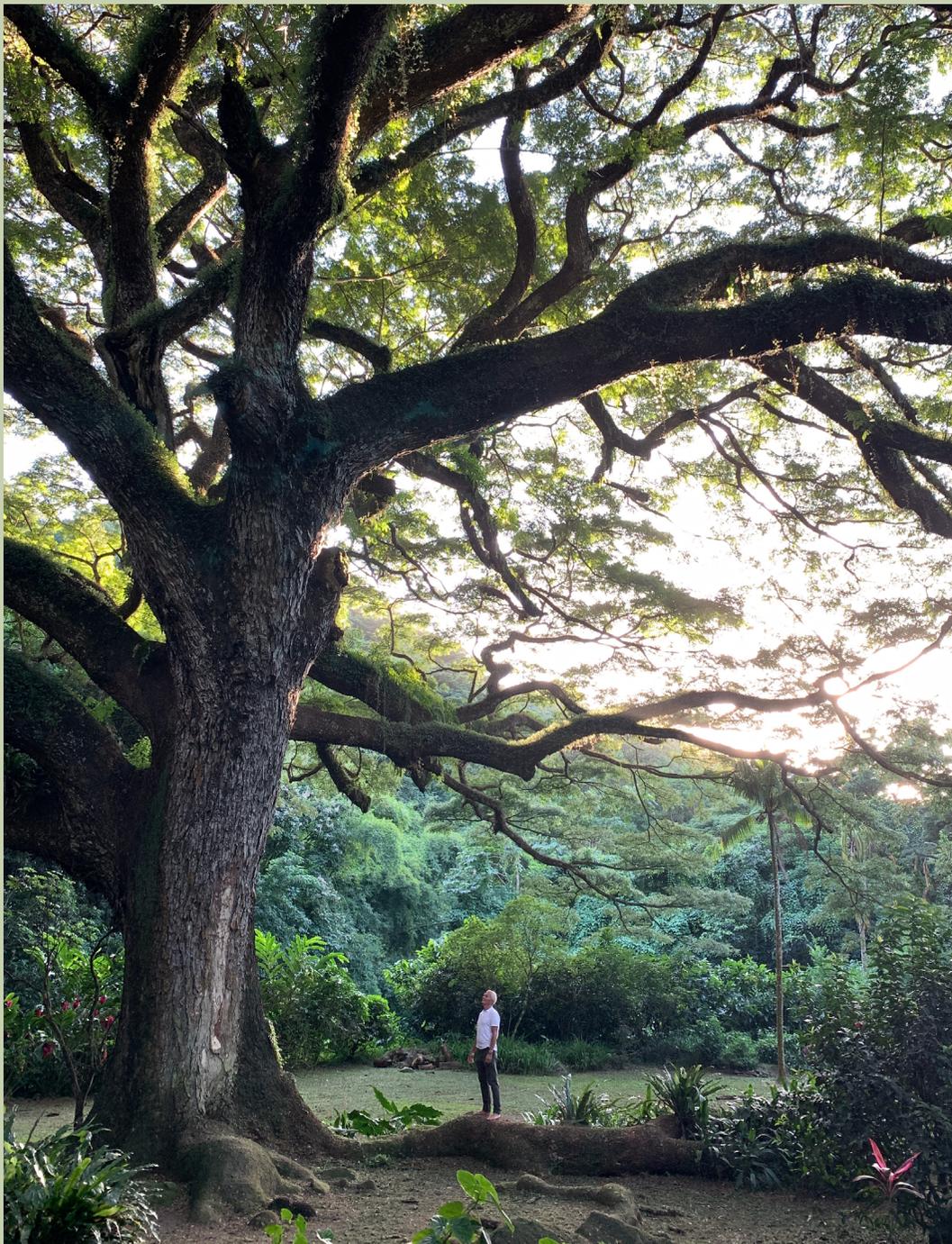
Three decades of experience and expertise have pushed *Christophe Marchesseau* to build his own training method and his own brand, **SIGNATURE by Christophe Marchesseau**[®]: he now teaches his own, visionary therapeutic and holistic massage method.

*“He has the most extraordinary hands.
He's the best of the best.”*

Jane Hertzmark Hudis, President of the Estée Lauder Group

His knowledge is reserved in priority for massager-therapists and certified osteopaths: it enables them to operate in a way that suits the sensorial requirements - comfort and care - of spa-massages.

Finally, thanks to dedicated workshops and e-learning sessions, **SIGNATURE by Christophe Marchesseau**[®] is available to a larger public.



REFERENCES

Christophe Marchesseau has worked for many years with luxury hotels and spas. These include: *Hôtel Costes, Hôtel Le Bristol, The Georges V Four Seasons, Le Grand Hotel Saint Jean Cap-Ferrat.*

A consultant for the same luxury hotels, he helps them design treatments that cater to a demanding clientele while fulfilling each hotel's particular needs.

Estée Lauder's cosmetics brand La Mer called on him to upgrade their massage signature, requesting him to take charge of their VIPs and international influencers as well.

Christophe Marchesseau also cares for a private clientele between St Barth, Paris, New York, Los Angeles, Monaco and London.

"Christophe is a true healer. He helps us recover from our incredibly stressful lives."

Bob Greenberg, CEO

A LONG HISTORY OF HEALING. CHRISTOPHE MARCHESSEAU BELIEVES HE TAKES AN ACTIVE PART OF THIS FLOW: HE TREATS EACH AND EVERY BODY WITH FUNDAMENTAL RESPECT, PERPETUATE A PRACTICE OF COMPLEX, HOLISTIC CARE.

HIS MAIN TOOL IS THE HAND: A HAND THAT FEELS, PERCEIVES, AND CARES. CHRISTOPHE MARCHESSEAU LISTENS, UNDERSTANDS, CALMS AND REGENERATES: HE RETURNS BALANCE TO THE BODY, TO THE MIND AND TO THE VITAL BREATH OF LIFE.

GIFTED, MARCHESSEAU WISHES TO TRAIN AND RECRUIT TO TRANSMIT AND SHARE HIS KNOWLEDGE. HE ALSO WISHES TO HELP PEOPLE REMOTELY BY PROVIDING A RANGE OF BRANDED PRODUCTS DEDICATED TO WELL-BEING. WITHOUT EVER LOSING SIGHT OF EACH BODY'S IMPORTANCE AND UNIQUENESS, HE CRAFTS TREATMENTS THAT FOLLOW THE PRECEPTS OF ANCIENT PHILOSOPHIES: THE ART OF THE MASSAGE.

FOR CHRISTOPHE MARCHESSEAU,
UNDERSTANDING THE BODY IS AN ART.

WHO

Passionate about the art of the massage, he uses it masterfully in a holistic manner to calm, heal and cure. His primary tool is his hand. Training is in his heart.

BELIEF

He believes in the gift of self, in attentive listening to people and their bodies, in the hand that heals. He likewise believes in educating and in passing on tradition - whether he teaches or receives. *Christophe Marchesseau* believes in people and in a better world.

HIS MOTTO

“The hand is essential to all care. The key to treatment is the human being.”

ATTITUDE

He acts as a humanist, a master, a wise-man and healer. *Christophe Marchesseau* gives the same importance and attention to all his patients, whomever they may be. He embodies a universal approach to care.

HIS VALUES

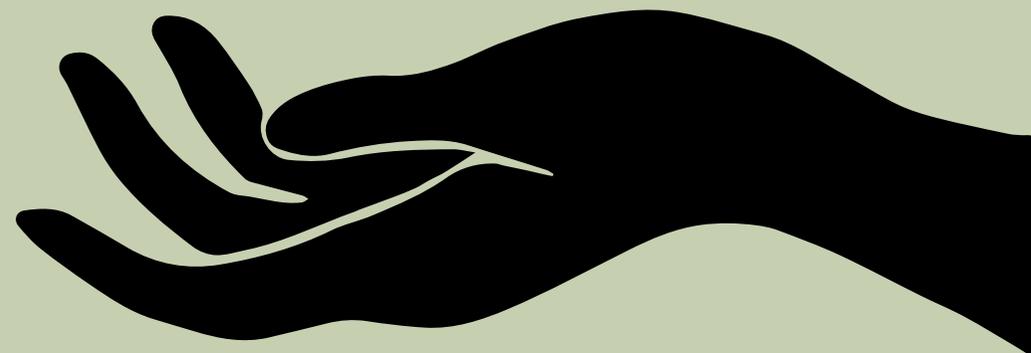
- Ethical and committed (respect)
- Dedicated and attentive (humanist)
- Holistic and regenerative (massage)
- Sensorial and magical (the benefits)

AN ANCHOR

He created a solid physical, sensorial and emotional base; a sensorial spring to find oneself anew.

WHY

To give back to his patients their balance, breath, vibration and life strength.



PILLARS

The hand is essential to all care.

Pillar n°1

THE HAND

The hand is an exceptional tool, one that reconciles body, soul and spirit. The hand feels, but also releases and repairs.

With one hand, *Christophe Marchesseau* brings together the expertise of a physiotherapist, an osteopath, a masseur (who also trains) and a coach. He likes to note the parallel between human fingerprints and those of a tree. The hand is, by definition, connected to nature and to its environment.

The hand is a tool that triggers contact, one that links people and the world around us. 25 years ago, *Christophe Marchesseau* met Renault, a spiritual master, who compared his first massage to “ironing.” The sense of touch is a long apprenticeship that Renault handed down to him: he taught Marchesseau the art of a general osteopathic treatment. Today, this approach is the backbone of *Christophe Marchesseau*’s practice.

“The only tool that differentiates the cabinet maker from the carpenter is the hand, the perfection of his hand. Like a cabinet maker, mine accompanies the body in its entirety.”

D. Renault

PILLARS

The hand is essential to all care.

“Thirty years of daily practice have allowed me to choose, adapt and use the best colors of this wide palette called ‘Manual Therapy’ to find the ‘thread’ of each person.”

Christophe Marchesseau

Pillar n°2

THE MASSAGE

Christophe Marchesseau offers a unique therapeutic massage technique, one that adapts to each individual. It takes charge of the body in all its variations: one by one, it lifts the bulk and densities that can weigh it down. His hands mirror what is happening within the body’s tissues: through the pressure points he chooses, *Marchesseau* enables the body to unfold, regain its synergy, its growth and vital force. At the same time, *Christophe Marchesseau* deals with breathing and the circulation of energy, encouraging sensorial pleasure to create lasting well-being. What a great massage unveils is the magic self-healing power each person carries within. *Marchesseau* brings to life a simple awareness: that our body is our best asset!

To massage (the word comes from the Indian “massa”) means to touch or feel. A massage is above all a therapeutic contact and *Marchesseau* carries on this ancestral tradition, with integrating its many modern teachings. Thai massage, for example, is over 2,500 years old and was recently listed as part of UNESCO’s intangible world heritage. Introduced into Thailand by doctors and monks, techniques and secrets were passed on from master to disciple. Some even carved their knowledge on stones of temples. *Christophe Marchesseau* is an ardent defender of a universal approach, supported by ancient techniques and philosophies. He is convinced that one must go beyond the body’s skin and a superficial approach to awaken, inspire, repair and unbind the body.

PILLARS

The hand is essential to all care.

Pillar n°3

CARE

In his practice, *Christophe Marchesseau* listens to tissues, their rhythm, their resonance, and elasticity; he unkinks muscles and joints and drains fluids. Under his hand, the body recovers its original balance, and with it its renewed synergy, renewed rhythm, and vital forces.

Marchesseau believes the body is magical and gifted with an amazing capacity for self-healing: an attentive therapist, he frees tensions,

harmonizes emotions, and fixes bodily dysfunctions.

Marchesseau follows a simple philosophy: today, more than ever, our most precious asset is our health. Listening to one's body and taking care of it means taking care of oneself.

Every day, *Marchesseau* works to calm, heal, and lighten chronic pain - cervical, dorsal, in joints and muscles - as well as fatigue, jet lag, insomnia or stress.

Pillar n°4

THE SENSES

Christophe Marchesseau brings sensorial energy to the power of the massage: our senses have an innate therapeutic force. Smells are a genuine element of healing; they awaken our senses, intensify a state of relaxation, and improve self-confidence.

Marchesseau believes the olfactory power can rebalance our senses and create a feeling of serenity. To this effect, he has designed a line of 100-percent natural and organic products to help take better care of oneself.



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MASSAGE IS THE MESSAGE.

