

Welcome page 1

Welcome to the site of the Five Chickadees au Naturel, bed and breakfast and energy treatment in Ballay in the Ardennes.

If you're looking to reconnect with nature, you're in the right place!! We welcome you in our guest room in the heart of Ardennes nature, near Vouziers in the Ardennes. For your well-being, we also offer energy treatments and workshops for making natural products.

We are located at Vauloyer in the village of Ballay in the Ardennes. Our little corner of paradise is located 800m from the first house. Our guest room is therefore in the middle of nature. However, the first town, Vouziers, is 5 kilometres away.

If you are here to discover the Ardennes, you can stroll along the Green Way by bike or on foot, discover the wolves at the Argonne Découverte Park, cultivate memory at the War and Peace Museum, stroll around the Place Ducale in Charleville, visit historical monuments such as the Sedan Castle.

The energy treatments offered are Reiki treatments and Tibetan bowls. Real moments of relaxation and well-being that help relieve stress, reduce physical and nervous tensions.

You can enjoy the night and breakfast independently of the energy treatments and vice versa. Or on the contrary, you can offer yourself or your loved ones a whole weekend of healing with a care in the afternoon of your arrival, the night and a breakfast afterwards.

Contact: Karine ZAIA Vauloyer 08400 Ballay Tel: 06 75 81 60 53

Workshops for natural products

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Want to make your own solid cosmetics, household products or balm: book a workshop or workshops of natural products!!

Always in the respect of my values, I offer you various possibilities:

household goods workshop

solid cosmetics workshop

herbal balm workshop

children's workshop: mini soap and lip balm

Whether for an afternoon with friends, a child's birthday or a bachelorette party, offer or treat yourself to a natural products workshop or workshops.

Workshop of solid cosmetics:

Workshop of solid cosmetics: manufacture of a moisturizing balm for the body, a lip balm, a scrub, a solid shampoo and a deodorant.

Price: 30 euros

Up to 8 people. Discounts from 4 people

Household products workshop

Household Products Workshop: Learn how to make different types of laundry (Ivy laundry and Marseille soap laundry), dishwashing product, dishwasher powder and WC gel. All these products can be made from products easily found in commerce and nature.

Price: 15 euros

Up to 8 people

Reduced rate from 4 people

Workshop herbal balms

Workshop herbal balms: making balms from macerated plants. These balms are also composed of beeswax. I will also explain how to harvest, dry plants and macerate.

Price: 20 euros

Limited to 8 people

Reduced rate from 4 people

Reservations for these natural product workshops can be made with Karine at 06 75 81 60 53 or creaunaturel@gmail.com. Indeed, I can offer you these workshops at home or in collective structures such as air centers, retirement homes, social centers...

Some are also offered at my home on fixed dates: you can find them on the Events page.

Products other than cosmetics on these photos are the achievements of

<https://@estelleetstyle>

Energy sessions page 3

Over the years, more and more interested in natural methods of healing, and convinced that when our body is not doing well, it is because our soul or our spirit has a message to transmit to us, I trained myself in different techniques.

(Attention, these techniques do not in any case dispense with a medical opinion and do not replace it)

I receive you at my office in Vauloyer for various benefits:

Psycho kinesiology test: 50 euros (40 euros if booked with one night in the guest room)

Reiki session: 40 euros (30 euros if booked with one night in the guest room)

Individual session at Tibetan bowls: 60 euros (50 euros if booked with one night at Tibetan bowls)

Collective relaxation session at the Tibetan outdoor bowls at my home, at the request of individuals, for works councils, every 15 days at the Ballay Hall of Festivals: 10 euros

LE REIKI:

Energy technique rediscovered by a Japanese doctor in the 19th century. Rei» means «the universal», matter, soul and spirit. And ki (or Qi) refers to the vital energy that flows through each individual.

By placing the therapist's hands on different energy centres in the body, this energy is returned to circulation.

It allows a release of blockages, a great relaxation and promotes letting go to work on yourself and reduce stress.

INDIVIDUAL SESSION ON TIBETAN BOWLS:

Tibetan bowls give you the benefits of sound therapy. Indeed, placed on different parts of your body, the vibrations emitted when I hit it will resonate the cells of your body and thus help to release emotional or physical blockages, nervous tensions and relieve stress. They allow you to rise to the surface the repressed emotions allowing you to free yourself from them. This, of course, if you are willing to work on yourself.

Attention, this care is not recommended for pregnant women and people wearing a pace-maker or other equipment of the heart.

For all reservations, please contact me at 06 75 81 60 53 or creaunaturel@gmail.com

Bed and Breakfast Les Cinq Mésanges in Ballay in the Ardennes page 4

New: enjoy our table d'hôtes!!

From January 20, you can enjoy menus based on local products, in the evening from Thursday to Sunday. Discover the Ardennes and French cuisine by sharing our family table or at the kitchen table. Karine will serve you small dishes made with love.

Immersed in the nature of the Ardennes, our guest room and table offers a bed for 2 people, a living area with sofa bed, a kitchen area in the Ardennes five minutes from Vouziers.

Breakfast with local products will be served either in the kitchen area or, weather permitting, on the terrace, overlooking the wooded park and the surrounding woods.

A breakfast with for only background noise the singing of birds and the calm of nature, what more to ask?

And to introduce you to our guest house in the heart of the Ardennes, I had the honour of being interviewed during the radio show «Vouziers vous êtes» by Mr. Jean-Michel Lesire who welcomes every week actors of the Vouziers sector. This program is broadcast on RCF. You can find it through the following link:

<https://www.rcf.fr/culture-et-societe/vouziers-vous-y-etes?episode=298602>

The different places of the guest room

The 2-person room with KING SIZE bed and the possibility to add a cot.

The kitchen area also allows you to be independent for your meals. It is here that you can be served your meal if you choose to enjoy the service table d'hôtes in privacy. It can also be at the family table!

The lounge area that allows you to watch TV but also accommodate 2 additional people.

Private bathroom with shower and toilet. And we also have some four-legged companions who will be there to welcome you! Rabbits, goats, cats and horse!

Our friends the animals:

Monchat

Tonic

Titou

TicTac

Stitch

Stitch

TARIFFS as of 1 January 2023

Possibility to reserve a meal at the table d'hôtes: 20 euros per person (Friday evening, Saturday evening, Sunday evening)

A night with breakfast A night without breakfast A week without breakfast

1 person 60 euros 50 euros 350 euros

2 people 65 euros 55 euros 350 euros

3 people 75 euros 65 euros 350 euros

4 people 85 euros 75 euros 350 euros

Other rates are also possible during wellness weekends by combining your night with an energetic care

The bed and breakfast and the wellness cabinet have been supported by the European Union as well as by the Community of Communes of Argonne Ardennaise in support of tourist accommodation.

Boutique page 5

Find here all my herbal wellness products such as teas, infusions and herbal teas. Trained in herbal medicine as I explain in my presentation here, I create mixtures of teas, herbal teas and infusions. The plants are selected by me, during picking or in local and/or organic herbal plants. I combine different plants such as verbena, rosemary, lemon balm, mint, thyme, sage, savory, fennel...

I use both green and black tea which I can associate with spices such as ginger, cloves, badian (star anise), cinnamon or fruits such as dried orange, dried lemon, dried apple, mulberries (white blackberries) dried grapes or cranberries...

I then create my mixes according to my inspiration, my desires of the moment, the benefits I want to achieve..

And my last ones are cocoa infusions: made from roasted cocoa bean pods. They are supplied to me by a chocolatier from Charleville Carré du Monde. I associate them with hibiscus flower or spices.

Find all my products and their history on my Facebook page
<https://www.facebook.com/zaiakarine/>