



Massage Treatments

Massage or beauty treatments , can be arranged in the comfort of the chalet or locally, Contact Cathy Massage 06 14 80 65 93.

Aromatherapy Full Body Massage 60'

A soothing massage using long, flowing strokes and essential oils to enhance energy flow while influencing your sense of smell and signalling your nervous system to release muscle tension. Stress and tension melt away by using the healing power of essential oils on your body and in the room. Choose one of the following :

Anti-Stress : A blend of oils to relieve stress and anxiety. It has great soothing qualities that help clear the head and promote mental and physical tranquility.

Revive & Rebalance : Specially selected oils that help lift your mood and re-balances your inner-self, body and mind.

Detox : A blend of oils that stimulates diuretic functions and eliminates harmful body toxins assisting in a healthy body balance.

Muscle Recharge : A special blend of oils is used to restore and recharge tired overworked muscles, helping relieve stiffness and reduce fluid retention, and prepare the body for its next active challenge.

75€

Mountain Rescue Sports Full Body Massage 60'

Using a combination of muscle flushing strokes and light stretching techniques with our popular sports aroma oil, we aim to reduce lactic acids and toxins helping you spend more time enjoying activities on the mountain.

75€



Book early to guarantee your preferred day/ time.

Group discounts are available.





Deep Tissue Full Body Massage 60'

For people experiencing chronic pain or just like a deeper massage. Trigger points are manipulated to release tension, relieve pain and improve mobility in the muscles. An individualised massage tailored to target specific areas of tension and muscular discomfort. The perfect massage for those who prefer stronger hands.

75€

Skiers Performance Massage 60'

During the winter season this Amazon Creek exclusive experience is used to help you improve your skiing performance. This combination of massage and stretching will decrease muscle soreness and increase flexibility in the muscles used while skiing. This treatment also aids in a rapid recovery so you can get back on the slopes. Whether you are an expert or novice, this treatment is a must for anyone who is planning multiple days on the slopes.

75€

Tingling Thai Foot Massage 60'

This tantalizing treatment concentrating on the lower legs and feet has elements of Shiatsu, Reflexology and Chinese Massage and involves stretching and massage, along with the use of a stick to stimulate the reflex points. A perfect choice for a tired hiker, sore skier or for those who are just in need of restoring their general sense of wellbeing.

75€

Indian Head Massage 40'

A massage that melts away stress and tension which often build up in the upper body- the back, shoulders, neck and head regions. This treatment is especially beneficial in assisting to create a feeling of well-being.

55€

Leg Blitz Massage 30'

Concentrating on just the legs, this massage helps to release tension and muscular aches and pains sometimes associated with winter sports. This relaxing yet invigorating treatment assists against muscle cramps and flushes the upper and lower legs of lactic acid, which can give that 'heavy leg' feeling leaving your legs ready for another day on the slopes.

40€

De-Stress Express Massage 30'

This massage focuses on the primary areas of tension in the body- the back, neck and shoulders. Our specially blended oil is perfect for releasing muscular tension and easing the negative effects of stress on the body.

40€

Beauty Treatments

Bright and Fresh Facial 60'

Products are selected especially for you to help restore your skin's natural balance. The skin is deeply cleansed, exfoliated and stimulated by specialist massage techniques. A mask is then applied, before finally re-hydrating the skin with the application of a moisturiser. **65€**

Miraculous Manicure 60'

A manicure improves the appearance and texture of your hands and nails. Includes nail re-shape, cuticle tidy and hand massage. Manicures are available with varnish or buffing. **55€**

Pampering Pedicure 60'

A relaxing treatment to revitalise your feet and improve their appearance. It incorporates a nail trim, care of cuticles, followed by a foot massage and varnish application if required. **55€**

Combined waxing packages

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| 1 /2 leg, bikini, underarm | 60€ |
| Full leg, bikini, underarm | 70€ |
| ½ leg, brow shape, bikini and underarm | 70€ |
| Full leg, brow shape, bikini and underarm | 80€ |

Divine Daytime Package

Three tantalising treatments blended together to provide the perfect pamper package :

Body Beautiful Scrub 30'

Body Beautiful Massage 30'

Facial 60' **150€**

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Group discounts are available.