

# Revive Massage Therapy

Massage or beauty treatments can be arranged in the comfort of your accommodation.

#### Aromatherapy Full Body Massage (60 minutes)

A soothing massage using long, flowing strokes and essential oils to enhance energy flow while influencing your sense of smell and signaling 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-balance 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.

### Mountain Rescue Sports Full Body Massage (60 minutes)

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.

## Deep Tissue Full Body Massage (60 minutes)

For people experiencing chronic pain or who just like a deeper massage. Trigger points are manipulated to release tension, relieve pain and improve mobility in the muscles. The perfect massage for those who prefer stronger hands.

## Skiers Performance Massage (60 minutes)

During the winter season this 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.

## Tingling Thai Foot Massage (60 minutes)

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.

#### Indian Head Massage (40 minutes)

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

85€

85€

85€

## 85€

#### 60€

#### Mountain Lifestyle info@mountain-lifestyle.com +33 (0)4 86 68 87 16

## Leg Blitz Massage (30 minutes)

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.

## De-Stress Express Massage (30 minutes)

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.

## **Beauty Treatments**

### Bright and Fresh Facial (60 minutes)

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 a moisturiser.

### Miraculous Manicure (60 minutes)

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.

#### Pampering Pedicure (60 minutes)

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 requested.

## Combined waxing packages

1 /2 leg, bikini, underarm	60€
Full leg, bikini, underarm	70€
$\frac{1}{2}$ 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'

### Book early to guarantee your preferred day / time. Group discounts are available.

## Contact us for more information or to make a reservation!

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## 55€

65€

45€

45€

## \_\_\_

55€

150€