



## AMIS Massage & Body Treatment Service List

	Price	Duration
Aromatherapy Relaxing Massage	€ 35	30 mins
	€ 75	60 mins
	€ 90	90 mins
Aromatherapy Relaxing Massage For Two	€ 150	60 mins
<i>A relaxing massage technique performed using organic massage oil infused with aromatherapy essentials. Delivered by our experienced therapist to leave you stress-free, relaxed and renewed. This experience can also be shared with your favorite person in our cellar spa space for two.</i>		
Deep Tissue Massage	€ 40	30 mins
	€ 80	60 mins
	€ 120	90 mins
Deep Tissue Massage For Two	€ 160	60 mins
<i>A massage technique that applies sustained pressure using slow, deep strokes to target the inner layers of muscles and connective tissues. The 90 min service gives extra attention to areas of particular concern. The 60 min is a full body, whilst the 30-minute is personalised to target a specific area. The experience can also be shared with your favorite person in our cellar spa space for two.</i>		
Lymphatic Drainage Massage with Peppermint & Eucalyptus essential oils	€ 35	30 mins
	€ 75	60 mins
	€ 90	90 mins
<i>Warm temperature, heat and humidity can play a large role in our body functions leading to joint pain, swelling and inflammation. Lymphatic Massage therapy reduces puffiness and water retention, enhances detoxification, promotes hydration, and supports overall skin health and immunity. Essential oils such as peppermint and eucalyptus detoxify, and rejuvenate for the ultimate in relaxation and invigoration.</i>		
Revitalizing & Detoxifying Massage	€ 65	60 mins
<i>Our revitalizing and detoxifying massage is a therapeutic treatment designed to increase circulation, promote lymphatic drainage, and eliminate toxins from the body. This type of massage helps to relieve muscle tension, reduce inflammation, and enhance the body's natural detoxification process.</i>		
Sports Massage	€ 50	30 mins
	€ 75	45 mins
<i>The sports massage is a manual manipulation of the muscles geared specifically toward helping people who have physically demanding lifestyles and/or hobbies. This kind of therapeutic massage considers the impact of certain activities on specific joints and muscle groups.</i>		



Hot Stone Massage	€ 85	60 mins
Hot Stone Massage For Two	€ 170	60 mins
<i>The Hot Stone Massage consists of placing stones on the body focusing on the energy chakras to encourage healthy energy flow thereby aiding to relieve discomfort. The skin also benefits from improved elasticity due to the acceleration of blood and lymph circulation whereby the body is cleansed of toxins. This treatment is also great to experience as a couple or with a friend.</i>		
Pre Natal-Massage (possible only after week 12)	€ 70	50 mins
<i>A pre-natal massage firms the skin, removes tension in muscles, reduces stress and improves circulation. Calendula &amp; Lavender Oil, that is used for this massage has been specifically developed for this treatment due to its nourishing and hydrating ingredients.</i>		
Anticellulite Massage	€ 65	60 mins
<i>This massage uses a draining massage technique and is based on specific detoxifying essential oils. Combined with exercise and a healthy diet it will nourish your skin, eliminate toxins and contribute to a healthy overall appearance.</i>		
Aromatherapy Massage & Botanical Facial	€ 110	90 mins
<i>This combined treatment is delivered using luxurious products to sooth body and mind. It is tailor made to your specific wishes and needs to leave you stress-free, revitalized and reinvigorated. This treatment includes a soothing facial with the application of a mask tailored to your individual needs.</i>		
Body Exfoliation Scrub	€ 60	60 mins
Targeted Body Scrub	€ 35	30 mins
<i>Exfoliation is essential to promote skin renewal, detoxification and better product absorption. The 60 minute treatment is a full body whilst the 30 minute is targeted towards specific areas of concern and can be a great addition to any full body massage.</i>		
Back, Neck & Shoulder Massage	€ 35	30 mins
<i>The express back, neck &amp; shoulder massage promotes a healthy back, and posture and has been specifically designed to de-stress and loosen up your back in just 30 minutes.</i>		
Neck & Shoulder Express Chair Massage	€ 20	15 mins
<i>This massage is performed fully clothed using the massage chair for a quick treatment to relieve tension from the neck &amp; shoulders. 15 minutes for your health &amp; wellbeing.</i>		
Foot Reflexology	€ 45	30 mins
<i>This is a therapeutic technique based on the stimulation of the reflex zones on the feet. These reflex zones correspond to different body parts so by massaging them indirectly or reflexively, the organs, muscles or other parts of the body receive a healing stimulus.</i>		
Indian Head Massage	€ 35	30 mins
<i>A relaxing head, shoulder and upper back massage. This massage is delivered with the client facing up that makes it ideal for those who are uncomfortable facing down and for expectant mothers.</i>		