

## AMIS Massage & Body Treatment Service List



### Aromatherapy Relaxing Massage

30 mins, €40 | 60 mins, €75 | 90 mins, €90 | 60 mins Massage for Two, €150

A relaxing massage technique performed using organic massage oil infused with aromatherapy essentials designed 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.

### Deep Tissue Massage

30 mins, €45 | 60 mins, €80 | 90 mins, €120 | 60 mins Massage for Two, €160

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 personalized to target a specific area.

### Hot Stone Massage

60 mins, €85 | 90 mins, €120 | 60 mins Massage for Two, €170

The Hot Stone Massage consists of placing heated stones on the body focusing on the energy chakras to help relieve muscle tension and pain. The skin also benefits from improved elasticity due to the acceleration of blood and lymph circulation. This treatment is also excellent to promote sleep and reduce stress and anxiety.

### Lymphatic Drainage Massage with Peppermint & Eucalyptus essential oils

30 mins, €40 | 60 mins, €75 | 90 mins, €90

Lymphatic Massage therapy uses a massage technique to move lymph from your tissues to reduce puffiness, water retention and address joint pain and inflammation. This technique enhances detoxification, hydration, and supports overall health. Essential oils such as peppermint and eucalyptus enhance this experience.

### Revitalizing & Detoxifying Massage

60 mins, €75

Experience the invigorating effects of our revitalizing & detoxifying massage, designed to increase circulation, and stimulate natural detoxification with special attention to the abdominal area. It is important not to eat at least one hour before this massage and to drink plenty of water to assist your body in flushing out toxins.

### Therapeutic Manual Massage with Bamboo Rods

60 mins, €80 | 90 mins, €120

This unique massage harnesses the strength of bamboo for a harmonious blend of relaxation and muscle tension relief. This therapeutic massage uses bamboo rods, and hot stones (only within the 90 min treatment) to release the deepest knots, improve circulation, and offer relief from other muscular injuries and soreness.

### Sports Massage

30 mins, €50 | 45 mins, €75

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.

### Pre Natal-Massage (possible only after week 12)

50 mins, €70

A pre-natal massage firms the skin, removes tension in muscles, reduces stress and improves circulation. Calendula & Lavender Oil, that is used for this massage has been specifically developed for this treatment due to its nourishing and hydrating ingredients.



### **Anticellulite Massage**

60 mins, €75

This massage uses a draining massage technique and is based on specific detoxifying essential oils. Combined with exercise and a healthy diet it will eliminate toxins and contribute to a healthy overall appearance.

### **Aromatherapy Massage & Botanical Facial**

90 mins, €110

This combined treatment will leave you stress-free, revitalized and reinvigorated. It is delivered using luxurious products to sooth body and mind and is tailor made to your specific wishes and needs. This treatment also includes a soothing facial with the application of a bespoke mask to address your skin concerns.

### **Indian Head Massage**

30 mins, €35

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.

### **Back & Neck Stress Relief Massage**

30 mins, €40

The express back, neck & 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.

*This service is also offered as a package within our Wellness & Beauty Package service list.*

### **Neck & Shoulder Express Chair Massage**

15 mins, €20

This massage is performed fully clothed using the massage chair for a quick treatment to relieve tension from the neck & shoulders. 15 minutes for your health & wellbeing.

*This service is also offered under our Wellness & Beauty Package service list as an onsite corporate programme.*

### **Foot Reflexology**

30 mins, €45

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.

### **Body Exfoliation Scrub**

30 mins, €35

Exfoliation is essential to promote skin cell renewal, detoxification and better product absorption whilst enhancing circulation. In just 30 minutes the treatment leaves you with deeply nourished, softer and radiant skin. Exfoliation is also a great addition to any full body massage as an add-on for €25 (20 mins).

### **Deep Cleansing Steam Back Facial**

30 mins, €40 | 60 mins, €75

This purifying treatment begins with a steaming session designed to open the pores, followed by gentle exfoliation. Targeted extraction helps clear out blocked pores, while a soothing mask nourishes and revitalizes. The 60-minute treatment proceeds with a relaxing massage to ease tension and promote circulation.