

DES INDES HEALTH CLUB & SPA

Price List 2010

MASSAGES

Hotstone Massage

A variation of a traditional massage, a heated stone massage utilizes hot stones, generally that are heated in 120 to 150 degree F water. A massage therapist then massages oils into the skin utilizing Swedish massage techniques. This relaxes and makes it easier for the body to absorb heat from the stones. A massage therapist then places a variety of stones at focal parts of the body. A Hotstone massage is believed to have numerous healing properties and can be more beneficial than a traditional massage. The heat can help relieve muscle tension and allow the body to relax and be at ease

Prices:

45 Minutes	€ 80,-
60 Minutes	€ 105,-
90 Minutes	€ 150,-

Deep Tissue Massage

Deep Tissue Massage is a massage technique that focuses on the deeper layers of the muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fibres of the muscles.

The purpose of a deep-tissue massage is to "unstick" the fibres of a muscle while releasing deeply-held patterns of tension, removing toxins, while relaxing and soothing the muscle. It is both corrective and therapeutic.

Prices:

30 Minutes	€ 55,-
45 Minutes	€ 75,-
60 Minutes	€ 95,-
90 Minutes	€ 145,-

Relaxation Massage

Most massage treatments will relax you, among other things. With a relaxation massage, relaxing you is the *only* aim. For this reason, it is one of the most complete and indulgent massages you can have.

A relaxation massage is usually a full-body treatment involving soft music, soft lighting and aromatherapy oils. You will have a long, luxurious massage which will use all kinds of techniques including long strokes, gentle kneading and rolling of skin and muscle, and perhaps some rhythmic rocking from side to side.

Prices:

30 Minutes	€ 55,-
45 Minutes	€ 75,-
60 Minutes	€ 95,-
90 Minutes	€ 145,-

Shiatsu Massage

When your body's energy flow becomes blocked or unbalanced, your general state of well-being is reduced. You may see negative effects in a specific area, such as cramping of your neck or back or migraines; you may feel an overall sense of fatigue and stress.

Shiatsu is holistic in nature, meaning that while the Shiatsu therapist will address the initial complaint, he or she will also try to promote healthy energy flow and circulation throughout the whole body, stimulating healing throughout your entire body system. The benefits of Shiatsu therapy go beyond relief from a single discomfort, but rather are holistic in nature themselves.

Prices:

30 Minutes	€ 60,-
45 Minutes	€ 80,-
60 Minutes	€ 105,-
90 Minutes	€ 150,-

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