

# BODY MESSAGES

## THE ULTIMATE AROMATHERAPY EXPERIENCE <sup>AA</sup>

60 or 90 minutes

This hero treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aroma test to allow you to choose the oil most suitable for you. There are twelve signature oils to choose from, formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, point-specific Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

■ RELAX   ■ DE-STRESS   ■ REVIVE   ■ SUPPORT   ■ ENRICH   ■ RENEW

## SWEDISH

60 or 90 minutes

This traditional massage uses firm pressure and long movements focused on the topmost layers of muscle. It is exceptionally beneficial to increase oxygen flow in the blood, release muscle toxins and knots, increase circulation and flexibility while providing complete relaxation. Especially suitable for individuals wanting to relax, experiencing altitude illness or wanting to prepare the body for a full range of mountain activities.

## DEEP TISSUE

60 or 90 minutes

Focusing on the muscles located below the surface of the top muscles, very strong point-specific pressure releases chronic patterns of tension in the body helping to restore muscle integrity and overall body balance. Especially suitable for individuals experiencing consistent pain or involved in heavy physical activity.

## MOUNTAIN RECOVERY

60 or 90 minutes

A “light” deep tissue massage using strong pressure and incorporating specific stretching techniques to relieve sore muscles after a day of activity on the mountain. This massage is better known as our “Sports Therapeutic” massage.

## HOT STONE

60 or 90 minutes

This relaxing, pampering massage features a fusion of firm to strong pressure, energy work, and the use of warm and cool stones, melting away stiffness and creating a feeling of deep relaxation. Stone therapy is a Native American Indian practice that has been used since ancient times as a soothing and healing treatment.

## UPPER BODY

30 minutes

Offered as an add on service to any of our full length facials or body treatments, this invigorating upper body massage focuses on your neck, shoulders, full back, scalp, arms and hands. It increases systematic circulation and is great for pre or post mountain activity. This massage may be received without removing your clothing.

## LOWER BODY

30 minutes

Offered as an add on service to any of our full length facials or body treatments, this amazing lower body massage focuses on your lower back, gluts, hamstrings, quads, calves, shins and feet. It is an excellent choice for a quick post mountain activity recovery. This massage may be received without removing your clothing.

## AROMATHERAPY OIL UPGRADE

Improve the overall effectiveness of your massage by experiencing the therapeutic benefits of our signature AA organic, aromatherapy oil blends.

## NOURISHING SCALP TREATMENT ENHANCEMENT

(Add to any massage)

Enhance your massage experience with a rejuvenating scalp treatment. This treatment uses a blend of jojoba and coconut oils along with essential oils to leave your scalp and hair hydrated and feeling new.

## HYDRATING HAND AND FOOT TREATMENT ENHANCEMENT

(Add to any massage)

Enhance your massage experience with this divine Aromatherapy Associates body butter and essential oils blend. This enhancement will leave your hands and feet feeling amazingly soft and smooth.

■ RELAX   ■ DE-STRESS   ■ REVIVE   ■ SUPPORT   ■ ENRICH   ■ RENEW

## WELL BEING TREATMENTS

### ■ INTENSIVE MUSCLE RELEASE <sup>AA</sup>

60 minutes

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful.

Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

A treatment for weary travellers depending on your time zone to get you back on track when you're feeling fuzzy, tired and sluggish.

## ■ IMMUNE RECOVERY <sup>AA</sup>

60 minutes

Keep your respiratory tract and sinuses clear and your immune system strong with this purifying, fortifying upper body treatment. Perfect for those recovering from seasonal allergies, chest complaints or anyone who spends too much time in polluted or stuffy environments, this treatment uses inhalation and a pressure point massage to open up airways and maximize effective breathing.

An Ayurvedic scalp massage lightens a heavy head, while drainage movements help unblock sinuses and ease headaches. With the scent of fresh green leaves, essential oils of eucalyptus, tea tree and pine have a decongesting, purifying effect and, alongside lavender, they boost your natural immunity with their anti-bacterial, anti-viral properties. Used together, they help unblock a stuffy head and keep your airways clear.

Cleansing, clearing and decongesting, this is upper body treatment helps clear the mind and support the immune system.

## ■ CLEAR YOUR MIND <sup>AA</sup>

120 minutes

Calm a stressed and confused head with a refreshing yet soothing experience for body, mind and soul.

A camomile and olive grain scrub refreshes legs and feet before you are treated to a spiritually uplifting inhalation of frankincense and a traditional aromatherapy massage to target symptoms of stress. A blend of camomile, petitgrain and rosemary helps to calm and cleanse your thoughts, while an Ayurvedic scalp and facial massage works on your complete wellbeing to relieve anxiety and emotional exhaustion. Perfect for a troubled mind, this is an effective treatment any time of day to refresh your memory and get your brain back on track.

Perfect for times of stress and over activity, this treatment helps the mind unwind and refocus, getting you back on track.

## ■ UPLIFT YOUR MOOD <sup>AA</sup>

120 minutes

A truly indulgent and emotionally pampering ritual to harmonise and rejuvenate.

This is a complete experience that works on all the senses to boost your emotional wellbeing, while treating the body to some nurturing hands-on therapy. This treatment begins with a gentle olive grain exfoliation to legs and feet, followed by an application of vitamin rich wheat germ oil to cuticles and dry skin. A pressure point massage with uplifting oils of geranium, frankincense and rose encourage feelings of inner harmony, while a warm freshwater mud mask to the face works on your outer radiance. Combined with a relaxing scalp massage using a rich, conditioning hair oil infused with pure essential oils, body and soul are simultaneously nourished and uplifted.

For times when you need a little emotional pampering, this indulgent treatment helps to harmonise and rejuvenate the spirits.