

VIVA
FOR YOU

Massage Therapy



Viva Massage Therapy

ELEMIS Deep Tissue Massage

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

ELEMIS Deep Tissue Massage - Full Body €64

ELEMIS Deep Tissue Back Massage €38

Sports Massage

Sports massage is a form of massage involving the manipulation of soft tissue to benefit a person engaged in regular physical activity. Sports massage is designed to assist in correcting problems and imbalances in soft tissue that are caused from repetitive and strenuous physical activity and trauma. The application of sports massage, prior to and after exercise, may enhance performance, aid recovery and prevent injury.

1 hour Sports Massage €65

30 minute Sports Massage €38

Leg and Foot Revitalizer

A specialised leg and foot treatment that focuses on the key areas of Skiing tension. This treatment includes a sports leg massage and foot massage.

45 minutes €45

Indian Head Massage

Indian Head Massage is truly holistic treatment which leaves the client feeling revitalised and stress free. The relaxing massage of head, neck, shoulders and face promotes balance in mind, body and spirit.

45 minutes €42

HOPÍ Ear Candles

This relaxing treatment originates from a Native American Indian tribe called the Hopis. A candle made from cotton, impregnated with beeswax, honey and therapeutic oils, is painlessly inserted into the ear to draw out impurities, relieve pressure in the head and sinuses, and aid hearing problems.

45 minutes €35