

## Massage

### ELEMIS Freestyle 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.

30 mins €38 / 60 mins €64

### ELEMIS Deeper Than Deep Hot Stone Massage

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

30 mins €38 / 60 mins €65

### Leg and Foot Revitalizer

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

45 mins €45

### Sports Massage

Sports massage is a deep tissue massage for pre and post sporting events to enhance your sporting performance and rehabilitate existing injuries, focusing on any area to relieve tension and aching muscles. The fundamental elements of the sports massage are experienced and tailored to your request.

30 mins €38 / 60 mins €65

## Holistic Therapies

### 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 mins €35

### 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 mins €42

VIVA  
FOR YOU

VIVA  
FOR YOU

VIVA  
FOR YOU

Alternative Viva & Sport Treatments

## Re-discover your senses... rest your mind.

### WELCOME

Walk into our Viva experience and indulge in complete sensory heaven, where there is time for reflection, restoration and enlightenment.

Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

### AT THE VIVA SALON — GIFT VOUCHERS AND ELEMIS PRODUCTS

Are you constantly in search of that elusive gift whilst on holiday?

Make an impression with the ultimate therapy gift voucher or arrange a therapy consultation where one of our team will advise on a range ELEMIS face and body products all of which can all be purchased from the Viva Salon.

## ELEMIS Touch Expert Facials

The hands of a highly trained ELEMIS therapist are profoundly effective tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

### ELEMIS Pro-Collagen Age Defy

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

1hr €85

### ELEMIS Dynamic Resurfacing Precision Peel

Clinically proven\* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

1hr €78

### ELEMIS Superfood Pro-Radiance

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

1hr €78

### ELEMIS Sensitive Skin Soother

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

1hr €78

### ELEMIS Anti-Blemish Mattify and Calm

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, brighter skin.

1hr €78

## ELEMIS Touch Expert Facial For Men

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

### ELEMIS HIGH PERFORMANCE SKIN ENERGISER

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration whilst multi-dynamic facial massage sequences boost circulation.

1hr €78

## Face and Body Combinations

Choose your own combination of facial and body massage, or let your ELEMIS therapist personally prescribe the perfect treatment to work with your skin, your mood and your needs.

### ELEMIS Couture Touch

Condition your skin and muscles with this all-embracing experience. Combine any TOUCH Expert facial with your personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage. Choose between two express 30 minute treatments or indulge in the full 2 hour treat.

1hr €70 / 2hr €125