



Massage Me Booking form

To avoid disappointment and secure your treatments whilst on holiday in the Alps please complete the form below with as much detail as possible. Massage Me will contact you directly to confirm your booking and finalise all the details.

To receive your 'early bird' discount please email your saved form to **bookings@massage-me.co.uk** prior to your arrival in resort
You can also send us the same information online at **www.massage-me.co.uk/book.html**

First name _____ Surname _____

Contact tel. _____ Email address _____

Please provide a contact number we can reach you on whilst you are in resort

WHO

Contact me via **Email** **Phone**
If by phone, we will call during standard office hours

Resort _____

Date of arrival in resort _____

Chalet name _____

Building name, Apartment block, Apartment No.

Preferred date of treatments _____

Company name _____

If travelling with a tour operator or chalet company

Preferred start time of treatments _____

8am - 8pm Please allow enough time for all your treatments

Please select what treatment/s you are interested in:

Signature Treatments

'Beanie & Boots'
45min 55€

'Mega Legs'
45min 55€



Favourites

Swedish Massage
From 30min 40€

Deep Tissue Massage
From 30min 40€

Sports Massage
From 30min 40€

Indian Head Massage
45min 55€

Mother to Be
From 30min 40€

Aromatherapy

'The Stress Head'
60min 74€

'Time Out'
60min 74€

'The Winter Warmer'
60min 74€

'Tailor Made'
60min 79€

Luxury

Hot Stone Massage
60min 79€

Facial Treatments
60min 74€

Beauty Treatments

Manicure/Pedicures
From 30€

For detailed descriptions, prices and durations of treatments visit **www.massage-me.co.uk/treatments.html**

Notes

NOTES

Gift Packages + Vouchers



Please select this box if you would like more information on our gift packages, or if this order is a gift for someone else



Massage Me

Our treatment menu

Treatments may vary slightly between resort

Relaxing Swedish Massage

(30min 40€, 45min 55€, 60min 69€, 90min 89€)

Traditional relaxing body massage with base oils to ease tension, relieve stress and promote a sense of wellbeing

Sports Massage

(30min 40€, 45min 55€, 60min 69€)

Stimulating and energising body treatment for after exercise to ease muscular aches and pains, reduce fatigue and increase mobility

Deep Tissue Massage

(30min 40€, 45min 55€, 60min 69€)

An invigorating deep body massage with base oils to alleviate stress, ease aching muscles and revive the senses

Aromatherapy Treatments

'The Stress Head' (60min 74€)

A blend of Lemongrass, Bergamont and Rosewood helps bring your mind to the mountains by easing tension and releasing stress.

'The Winter Warmer' (60min 74€)

A blend on Ginger, Cinnamon leaf and Ylang Ylang rejuvenates the body, stimulates circulation and eliminates muscular ache, keeping you fighting fit from first lifts to last.

'Time out' (60min 74€)

A luxurious blend of Roman Chamomile, Sandalwood and Geranium encourages balance by moisturising the body and bringing harmony to the mind.

'Tailor Made' (60min 79€)

A blend of three essential oils, chosen and prepared by our trained Aromatherapists, creates a personal treatment specifically suited to your needs and desires.



'Beanie & Boots' (45mins 55€)

A Massage Me signature treatment combining the best bits of our menu into one sensational treatment focusing on the head, neck, shoulders and feet - suitable for anyone



'Mega Legs' (45mins 55€)

A Massage Me signature treatment focusing on the feet and legs, working the muscles you have been using whilst skiing, rejuvenating them for the next day on the hill.



Hot Stone Massage (60min 79€)

Deeply soothing, calming and relaxing using smooth, heated natural stones to warm the muscles and massage with, reduces muscular aches and pains

Indian Head Massage (45mins 55€)

An extremely relaxing massage to the head, scalp, neck and shoulders relieves tension and stress

Mother to Be (30min 40€, 45min 55€, 60min 69€)

Designed for pregnant and nursing mothers to take account of all contraindications and aid relaxation and tonicity of the skin



Facial (60mins 74€)

Cleanse, exfoliate, masque and moisturiser, includes 20 minute massage

Mini Manicure/Pedicure (25mins 30€)

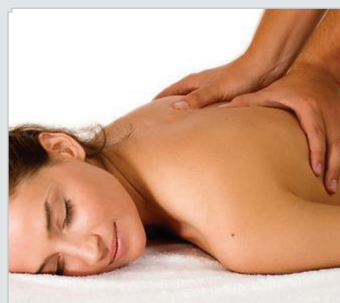
Cleanse, file, exfoliate and polish

Manicure/Pedicure (30- 45 mins 40€)

Cleanse, file, exfoliate and polish with cuticle work and 15 minute massage

Luxury Manicure/Pedicure (60mins 50€)

Relax with this luxurious deep heat treatment including cleanse, exfoliate, cuticle work, moisturising massage, file, buff and polish. Heated mitts/boots used



Mobile massage - We come to you! - Treatments available from 8am - 8pm

For information: Massage Me offers well-being massage and beauty treatments by qualified non-medical therapists. Massage Me do not offer medical, para-medical or therapeutic massages.

Cancellations: Please be considerate and give 24hrs notice otherwise the full fee will be charged. **Travel:** Due to travel times certain resorts require a minimum booking.

Info: Nos massages sont non médicalisés et non-paramédicalisés. Ce sont des soins de bien-être esthétiques non thérapeutiques.