



Surrender yourself to serenity and indulgence at the Azur Physical Therapy & Relaxation Clinic. Where we offer a variety of treatments that are relaxing and rejuvenating.

### Treatment Menu

**Head to Toe Holistic Massage** €65 (1hr 10min)

A nourishing full body treatment including face, scalp and body massage. An invigorating experience, this massage is the perfect remedy for specific problem areas, awakening the mind and unwinding achy muscles.

**Indian Head Massage** €40 (35min)

The technique releases muscle tension and stimulates circulation. Indian head massage leaves you with a feeling of calmness, clarity and well-being.

**Indian Head, Back, Neck, Face and Chakra Balancing** €65 (65min)

An ancient Ayurvedic form of healing and relaxation, Indian head massage incorporates massage of the shoulders, neck, scalp and face. The technique releases muscle tension and stimulates circulation. It helps to co-ordinate mind, body and spirit when these have become fragmented and out of sync through fatigue, anxiety and restlessness. Indian head massage leaves you with a feeling of calmness, clarity and well-being.

**Swedish Back, Neck and Shoulder Massage** €45 (45min)

Swedish massage incorporates various strokes that address the whole body, for the purpose of bringing about an overall sense of relaxation. This traditional massage is adaptable to your needs, whether it be firm and strong or lighter and more relaxing.

**Deep Tissue Massage (Full Body)** €60 (60min)

Deep rhythmic pressure massage; Alleviate stress, ease aching muscles and revive the senses with this powerful, massage. Wind down and release the tension of the day. Excellent for those requiring a whole body work over to specifically target deep levels of tension

**Deep Tissue Back Massage** €40 (40min)

Deep rhythmic pressure massage; Alleviate stress, ease aching muscles and revive the senses with this powerful, massage. This massage focuses mainly on the back and shoulders an area that carries increased tension. This thoroughly stimulating and recharging experience releases the body of muscle stress.

**Hot Stone Full Body Massage** €90 (1hr 30min)

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation. Starting from the feet and working its way up to finish at the head.

**Hot Stone Back Massage** €60 (60min)

A back massage using hot oils and hot basalt stones, warming the muscles for superior results, relieving any muscle tension, aches or pains

**Sports Massage Treatment** €45 (45min)

Sports Massage is a special form of massage and is typically used to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent injuries.

**Soothing Lower Leg & Foot Massage** €30 (30min)

The perfect treatment to aid relaxation for everyone, particularly those suffering from tired, aching and heaviness in the feet and lower legs.

Opening Hours: Mon-Fri 4:00pm-9:00pm  
Saturday 9:00am- 7:00pm  
Sunday 9:00am- 2:00pm

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