

# Sports Massages

PREPARATION – RECOVERY – MUSCLE STRENGTHENING



LE Spa DU V

— VAUJANY —

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## THE BENEFITS OF A SPORTS MASSAGE AT THE V\*\*\*\*

An athlete's biggest enemy, besides injuries, are the aches they experience the day after training or competing. But these aches can be avoided if the stage of recovery is managed well. This is where the sports massage comes in. The muscle aches appear because of the toxins which have been released during the physical effort but haven't been eliminated. The best solution to remove these toxins from the vessels, is a massage. Another objective is to relax the muscles, which are constantly under pressure, by giving them back their firmness. This will allow the tired body to regain a certain vitality. This element is key for athletes who are quickly moving from one competition or training to the next. One can limit the risk of injury, by respecting the stage of recovery.



## MASSAGES, SPECIALLY DEVELOPED, FOR ATHLETES

Find out how a session at the Spa, after sports, can help you to recover and enhance your recovery with the effect of water after the effort, relaxation of muscles and joints, reduce body aches and relief of toxins.



### SPORTS MASSAGE

25 / 50 / 80 MINUTES ..... 60 / 110 / 140 EUROS

*Ideal after skiing, cycling or hiking in the mountains. A massage which focusses on the back and legs, combined with deep tissue massaging and stretching. This massage will stimulate the blood flow, detoxify the muscles and release muscle tension, while avoiding pains.*

### RELAXING MASSAGE

25 / 50 / 80 MINUTES ..... 60 / 110 / 140 EUROS

*This relaxing massage consists of gentle touches and wrapping techniques from the top of the head to the tips of the toes. Ideal for a first experience in relaxing massages.*



# LE Spa DU V

BY pure  
ALTITUDE  
soins aux plantes de montagne

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RÉSERVATION

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