



SPA TREATMENTS 2011/12

Massage

A massage that increases blood circulation and reduces muscular tension.

25 min: 450:- 50 min: 750:-

Aroma massage

A soft, relaxing, flowing massage with ecological, scented, healing oils.

25 min: 450:- 50 min: 750:-

Sport Cure

A tougher treatment with a thorough full body massage finishing off with neck and scalp.

75 min: 1250:-

Åre Continental Heaven

A deep full body massage that decreases stress with an emphasis on hands, feet, face, neck and scalp.

75 min: 1150:-

Åre Continental Cure

A relaxing and popular treatment. A healing massage treatment focusing on back, neck and scalp, Face Relax and a moisturising hand wrap with hand massage.

50 min: 850:-

Åre Continental Luxury Cure

Treat yourself to something extra. Starts with a relaxing full body massage and an oil wrap of hands and feet.

Followed by a de-stressing Face Relax.

This Cure finishes off with a massage of hands and feet.

100 min: 1450:-

Face Relax

A relaxing face treatment with skin cleansing, peeling, face massage, face mask and a neck and scalp massage.

35 min: 550:-

Nice Feet

A perfect treatment for tired feet. Starts with a foot bath followed by foot scrub, an energizing massage of feet and ankles and finishing with a moisturising foot cream.

35 min: 550:-

Relax for 2

Take somebody along and enjoy a relaxing treatment together where a masseuse alternates between you. One starts off with a hot foot bath, while the other chooses between Face Relax, Massage or Nice Feet.

75 min: 1350:-

Waxing

Half leg: 25 min: 350:-

Whole leg or bikini: 50 min: 625:-

Eyebrows and lashes

Colouring: 25 min: 375:-

Colouring and plucking: 35 min: 475:-

Kids SPA

A softer form of massage that suits children between 8 and 13 years of age.

25 min: 350:-

SPA-activities for groups of children

We offer SPA-activities for groups of children and youths on demand. Contact SPA manager for suggestions on suitable activities/treatments.

SPA for groups

We are very happy to offer SPA packets for groups, Consult SPA manager for suggestions on suitable treatments, times and costs.

VIP-SPA

Rent your own VIP-SPA with en suite sauna, outdoor Jacuzzi and relax room. Enjoy a plateful of snacks along with cool drinks as you gaze at the mountains.

Suits both small and bigger groups.

1 hour: 1350:- (with only sauna and relax room: 750:-)

Before the treatments we offer you a kit including bath robe, slippers and towel. All treatments include free entry to the Sport Club with pool, Jacuzzi, gym and sauna.

If you are unable to come to your booked time, please cancel at least 24 hours in advance. You'll be charged 50% of the full rate if you fail to turn up. If you suffer from an illness, are on medication that could effect treatment or if you're pregnant, please notify us.

If you book your family on two or more treatments you get a 15% discount.

(20% on SPA menu for holder of Åre kommun card and id.)

Book one or more treatments at least 7 days in advance and get 10% off.

Special offers can't be combined.

ÅRE
Continental Inn