



AVIANTO

RELAX, RENEW & REVITALIZE

Massages

EXPERIENCE ULTIMATE RELAXATION AT AVIANTO

Indulge in luxurious massage treatments designed to refresh and rejuvenate you.

Whether you're seeking relief from tension or just a moment of self-care, our expert therapists are dedicated to providing a pampering experience in our **massage room**.

Choose from a variety of massage treatments, including individual and couples sessions, or select from our range of designer massage packages.

Each massage includes a serene stroll through our beautiful gardens and a delightful light lunch, creating a blissful experience from start to finish.



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Valid 2024/2025 | T&C's apply

Book your massage now and let us help you
Relax, Renew, Revitalize.

[BOOK A MASSAGE](#)

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AVIANTO



Massage options

Full Body, Swedish | Deep Tissue | Hot Stone | Back, Neck & Shoulders
Foot Massage | Hand Massage | Foot Ritual | Hand Ritual | Head Massage

DURATION	SINGLE	COUPLES
60 MINUTES	850	1600
90 MINUTES	1200	2400
120 MINUTES	1400	2800

PACKAGE CHOICES	SINGLE	COUPLES
HARMONY 60 Min Full Body, 30 Min Foot Massage 30 Min Head Massage	1400	2800
UNWIND 90 Min Full Body 30 Min Foot or Hand Ritual	1200	2400
TRANQUILITY 60 Min Full Body, 30 Min Foot Ritual 30 Min Head Massage	1400	2800
DE-STRESS 60 Min Deep Tissue 30 Min Foot 30 Min Hand Ritual	1400	2800
RE-TREAT 60 Min Full Body	850	1600

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Overview

FULL BODY | SWEDISH MASSAGE

This gentle, full-body massage utilizes long, flowing strokes and kneading techniques to promote relaxation, improve circulation, and relieve muscle tension.

Ideal for relaxation, stress relief, and improving overall well-being.

DEEP TISSUE MASSAGE

A powerful massage designed to reach the deeper layers of muscle tissue, relieving chronic pain, stiffness, and tension. Ideal for those who need focused relief and deeper pressure to melt away stubborn knots.

BACK, NECK & SHOULDER MASSAGE

Release the stress stored in your upper body with this targeted massage that focuses on the back, neck, and shoulders. Perfect for unwinding and easing muscle tension built up from everyday activities or long hours at a desk.

FOOT | HAND MASSAGE

Revitalize tired feet and hands with this gentle, soothing massage that improves circulation, reduces tension, and leaves your extremities feeling rejuvenated. A true treat for those who are always on the move or have spent a day in heels!





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Overview

CONTINUED...



FOOT | HAND RITUAL

Indulge in a luxurious ritual that begins with a warm soak and gentle exfoliation, followed by a nourishing massage for both your hands and feet. This pampering experience will leave your skin soft and your spirits and high



HEAD MASSAGE

Experience the soothing effects of a head massage, which focuses on relaxing scalp muscles, stimulating circulation, and alleviating tension. This quick yet effective treatment is ideal for clearing your mind and easing stress.



HOT STONE MASSAGE

Smooth, heated stones are placed on specific points of the body and used in the massage to relax muscles, ease tension, and improve circulation. Deep relaxation, relief from muscle stiffness, and enhanced energy flow.



CORPORATE MASSAGE SOLUTIONS

Please **chat** to our conference co-ordinators to arrange group massages at your conference - POA