

Wellness Massage

Defrag your system and reboot your mind with this full body therapy that is all about giving your overloaded nervous system a long deserved break, ebbing away tension and getting your circulation and energy flow moving again-making it perfect for recovery from a day on the hill.



Back, Neck & Scalp Massage: A 30 minute massage focusing on the area's most prone to stress and tension.

30 minutes \$65

Relaxation Massage: Combining the best of all massage methods, Swedish, aromatherapy and relaxation techniques.

60 minutes \$110



Healing Hot Stone Massage: Hot basalt stones with powerful blends of essential oils combined with massage.

60 minutes \$140



Soothing Foot Scrub and Leg Massage: Recovery from a long day on the slopes, release the stress and unlock pure bliss.

30 minutes \$65

For appointments please call Stephanie on **0409 702 427**

Located onsite but managed privately; open 7 days until 8pm



Located at Rydges Horizons Resort

10 Kosciuszko Road

Jindabyne

NSW 2627

