



# THE AMSTEL WELLNESS EXPERIENCE

OPENING HOURS | DAILY 7:00AM - 9:00PM

## AMSTEL HEALTH & FITNESS CLUB

The Amstel Hotel warmly invites you to invigorate the body and revive the spirit at our Health & Fitness Club. With state-of-the-art fitness equipment, a large indoor-pool and luxurious wellness facilities, the club offers an oasis of peace and tranquility in the city centre of Amsterdam.

- Heated indoor pool overlooking the Amstel River
- Sauna, steam room, jacuzzi and plunge bath
- A shower circuit including a waterfall shower, rain shower, hot & cold shower and horizontal shower.
- Health Bar
- Changing rooms with showers
- High-quality fitness equipment
- In-house personal trainers
- Massage options (please see pricing below)

## CANCELLATION POLICY

To make the most out of your Health & Fitness Club experience, we provide our services based on reservations. We understand that unexpected events may cause you to cancel your appointment. As a courtesy to other Amstel Health Club visitors, we kindly ask you to cancel your visit at least four hours prior to your reserved appointment. Cancellations or missed appointments without a 24 hours' notice will be charged the full rate.





# MASSAGE TREATMENTS

## PRICING

60 minutes €110

90 minutes €165

## DEEP TISSUE

This therapeutic massage is focused on the chronic patterns of tension in the body, by alternating slow strokes with deep pressure. Connective tissue massage is not applied to the muscles, but to the connective tissue layer of the body located between the epidermis and the muscles. It is a therapeutic massage, especially intended to restore the skin.

## SPORTS

A full body massage for anyone working out on a regular basis. A real treat providing extra rest and care for the body, relieving the body of day to day stress and continuous sportive efforts.

## SWEDISH RELAXATION

A full body, medium-pressured massage, which uses long strokes to stimulate blood circulation and releases tension. This massage increases mobility and offers complete relaxation.

## PRICING

Day Pass: €110 per person.

Day Pass with 60 minute treatment: €200 per person.

For more information on memberships, please contact [amstel.healthclub1@ihg.com](mailto:amstel.healthclub1@ihg.com) or +31 (0) 20 520 23 63.