



AMSTEL HEALTH AND FITNESS CLUB



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, this 5 star hotel 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 cold plunge bath
- Horizontal shower and rain shower
- Health Bar
- Changing rooms with showers
- High-quality fitness equipment
- In-house personal trainers
- Massage options
- Water aerobics classes

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 4 hours' notice will be charged with a cancellation fee.

OPENING HOURS

Open daily from 7:00AM – 9:00PM

More information?

Please call +31 (0) 20 520 32 63
Or email amstel.healthclub@ihg.com



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RELAXATION

By applying gentle massaging techniques and long strokes, your muscles will relax, blood circulation will be improved and you'll feel the stress relieve. Escape your hectic every-day life and experience the true feeling of well-being.

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, medium-pressured massage, which uses long strokes to stimulate the blood circulation and release any tension. This massage is a treat to anyone who works-out on regular basis, to provide extra rest and care for the body.

SWEDISH

A full body, medium-pressured massage, which uses long strokes to stimulate blood circulation and releases tension. This massage will improve your mobility and give you a complete feeling of relaxation.

REFLEXOLOGY

Manipulation of reflex points stimulates the nerve endings and blood circulation. It will relieve stress and tension in the body. Reflexology helps the body to dispose of toxins and improves bodily functions, optimizing the self-healing process.

REBALANCING

This technique is used to bring you back in harmony with your body. This approach treats body and mind as a whole and works on several levels: the physical, the mental and the spiritual, by raising awareness and freeing the energy the body is holding on to. Relaxation may go hand in hand with experiencing deep feelings and letting go of emotions.

AYURVEDA*

In Ayurveda, massages are treated as a process that addresses the body and the soul. Aolistic health practice with a history that spans over 400 years, Ayurveda is an ancient Indian ritual. Ideal for those with chronic pain, high stress levels, poor circulation and insomnia, Ayurveda massage is a great option for a treatment that looks beyond the physical. It can provide great relief and as it helps with pain and stress management. During this full-body oil massage, your marma and chakra (key) points are stimulated, allowing promotion of the body's natural healing flow.

* Only available from 90 minutes

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PRICE LIST

50 minutes	€80
90 minutes	€130

