



Massage Me



Massage Pre-booking request

Name

Email address

Mobile Phone

Estimated duration of treatments

Tick day(s) of week you would like a treatment

Sun	Mon	Tues	Wed	Thur	Fri	Sat
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Rough time of treatment(s)

Morning (before uplifts)	3-7pm (before dinner)	8-10pm (after dinner)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes

Sports Massage on your trip can:

- Reduce muscle fatigue
- Help prevent injuries and loss of mobility
- Accelerate recovery by removing waste products
- Sustain range of movement by reducing muscle tension

Which means...

You will enjoy a high-performance Trans Provence as your muscles will feel stronger for longer.

How does it work?

On the day of your appointment(s), as soon as you get back to camp, come and find the 'massage room' to be given your appointment time.

After a short consultation your sports therapist will personalise your treatment to suit your needs on that day.

By pre-booking your treatment we guarantee your appointment(s).



Price and Duration

Treatments can be as short as ten minutes or as long as an hour.

Each 10min is 10€.

Cash and credit cards accepted.

To pre-book your treatment and guarantee your peak performance at the Trans Provence please fill in this PDF and email it back to transprovence@massage-me.co.uk

If you have any questions please get in touch.

T. +33 (0) 612653452

E. transprovence@massage-me.co.uk

W. www.massage-me.co.uk

Treatments may also be arranged at each camp but unfortunately we can not guarantee availability.

We look forward to meeting you at camp 0.

The Massage Me Team

