

# Treatment Menu



## Back, Neck & Shoulder Massage

Treatment time: 30 mins ..... €45

## De-Luxe Back, Neck & Shoulder Massage

A back massage, followed by - either more detailed work on the neck, and a head massage - or work down the arms and hands. Recommended for relaxation, and for relief of neck and shoulder tension.

Treatment time: 45 mins ..... €60

## Full Body Massage

Work deep or light - as you need.

Treatment time: 75 mins ..... €85

## Golfers Body Boost

You can choose from having this treatment to prepare the body before exercise - with massage and some gentle stretching to boost muscle performance, or post work-out to ease tired muscles, relax and re-energise. Effective, therapeutic grade essential oils are used to help with prep/recovery.

Treatment time: 75 mins ..... €90

## Reflexology

Reflexology is an ancient healing art that works on the principle that there are reflexes in the feet that correspond to every part of the body. Working on these reflexes brings about a stimulation of the healing forces latent within the body, and promotes deep relaxation.

Treatment time: 45 mins ..... €60

## Clean-Zing Time

Skin brushing, followed by exfoliation with either a salt scrub, or exfoliating mits and the creamy, gentle lather of handmade cold process soap, to remove dead skin cells and leave you feeling 'zingy' clean and your skin soft and smooth. After this a luscious Organic Oil will be applied with massage to leave your skin beautifully hydrated.

Back only ..... 30mins, €45

Back and Back of legs ..... 45 mins €60

Full body ..... 60 mins €75

## Hot Stone Massage

Heated basalt stones are used to relieve muscular tension. It is an effective, warming and most relaxing treatment.

Back of the body, 55 mins ..... €75

Full Body 75 mins ..... €95

## Hawaiian Massage – ‘Lomi Lomi’

Lomi Lomi has always been regarded as one of the primary Healing Arts in Hawaiian culture. It is a unique, flowing, energetically vibrant, yet deeply relaxing all body massage. Hands and forearms are used in long fluid strokes of varying intensity and rhythm, up and down and all around the body. The energizing effects of these movements are combined with clear healing intent, and bring about constructive change on all levels. The massage is deep, but because the main pressure is put on by the forearm, it is spread over a wider area than many traditional forms of massage and should not cause pain.

The joints are also gently stretched as the Hawaiians believe these can be the site of major energy blockages. You will need to remove all your clothes for the massage, but a cotton sheet remains covering the genitals throughout.

1 hour. .... €80

This is a massage on the back of the body.

1½ hours ..... €120

This will be work on both the back and front of the body.

All care will be taken to follow safety protocols re covid 19, and your therapist has completed the W.H.O course in Infection Prevention and Control.

**Please arrange your appointment through reception.**