

SPA WELLNESS CENTRE



MASSAGE THERAPY is manual manipulation of soft body tissues to enhance a person's health and well-being. There are dozens of types of **massage therapy** methods. Here is our selection available to you at the Spa Wellness Centre suitable for both men and women.

For further information and bookings please contact the reception.

All appointments must be requested in advance.

THANK YOU and we wish you an enjoyable wellness experience.

***Relaxation/Swedish Massage**

Medium pressure massage with almond oil. Improves circulation and relieves muscular tension. Helps ease discomfort or stiff aching joints, muscle spasm, and accumulated stress.

30mins - 35€

45mins - 45€

1hr - 55€

***Aroma Massage**

Deeply relaxing massage using luxurious Aromatherapy essential oil blends to enhance the effect of your treatment. Helps to reduce pain and discomfort, accumulated stress, insomnia, anxiety and inflammatory conditions such as arthritis.

30mins - 40€

45mins - 50€

1hr - 60€

***Deep Tissue / Sports Massage - by request**

*** Deep Tissue Massage** focuses on deeper layers of muscles, connective tissue, tendons, ligaments, fascia. It is especially helpful for **chronic aches and pains** and contracted areas such as **stiff neck** and upper back, **low back pain, leg muscle tightness** and **sore shoulders**.

***Sports Massage** concentrates on a specific problem area usually associated with some sort of sports activity, such as running, tennis or golf. Helps to break down adhesions and includes stretching to increase range of motion.

30mins - 40€

50mins - 65€

BOOK AT RECEPTION



MASSAGE - HEALTH - BEAUTY



REFLEXOLOGY

Reflexology is based on the principle that every organ and system of the body has a corresponding point in the feet. Pressure is used on these points to help release energy blockages and promote healing of the body.

Reflexology & massage are both relaxing experiences, which when combined help to calm the mind and rebalance body systems.

***SPA REFLEXOLOGY - 45mins - 40€**

(SPA reflexology includes tired feet and circulatory leg massage with appropriate essential oils to relieve discomfort, soothe and refresh).

***TRADITIONAL INDIAN HEAD MASSAGE - 45mins - 38€**

Traditional Ayurvedic treatment using warm oils focusing on pressure points of head, face, neck, shoulders & upper arms. Helps insomnia, eases migraines/headaches, mental strain, anxiety/stress, neckache.

***ACUPRESSURE FACE RITUAL - 30mins - 32€**

An acupressure facial massage is an essential element of a beauty regime. This ritual includes massaging health & stress relieving points on the face, jaw, neck + decolté with a luxurious face oil & cooling jade roller to tone, calm, soothe, rejuvenate and beautify.

***TOP TO TOE DELUXE - 1Hr 15mins - 75€**

Luxurious top to toe body massage with blended essential oil mixes. This treatment includes a soothing head massage with warm coconut oil, a relaxing face massage & mini reflexology to remove toxins.

The ultimate pamper.

***HOLISTIC HEALTH MASSAGE - 1Hr - 60€**

Holistic massage involves manipulation of the soft tissues of the body and has been used as a healing therapy for thousands of years. Various massage techniques and acupressure points are used to help relieve muscular aches and pains, increase circulation, improve joint mobility and aid relaxation.

***REBALANCING MASSAGE INCLUDING REIKI - 1Hr - 55€**

Relaxation massage with a smooth, flowing style that promotes general well being. Includes rebalancing of the chakras (Japanese technique to rebalance body energy systems).