

## Massage and Body Treatments

Promote a sense of relaxation and wellbeing. Firm and invigorating, to relieve typical muscle tension and stress, or rhythmically de-stressing to help unwind. Massage will be with a plain oil, or for an aromatic blend add 5€ to the treatment cost.

	Junior	Head
✿ <b>Back, Neck and Shoulder Massage</b> (25mins)	22€	35€
✿ <b>Back, Neck, Shoulder, Décolleté and Scalp</b> (45mins)	27€	40€
✿ <b>Full Body Massage</b> (55mins)	32€	45€
✿ <b>Full Body Massage</b> including scalp and pressure points of the head (75mins)	37€	50€
✿ <b>Indian Head Massage</b> (25mins) A deeply effective treatment, performed sitting in a chair to vigorously relieve tensions in the upper back, upper arms, neck, shoulders, scalp and face. Includes chakra balancing working on the physical and emotional body.	22€	35€
✿ <b>Hot Stone Full Body Massage</b> (90mins) A relaxing and effective treatment using a range of delightful massage techniques combined with the energetic properties of natural volcanic basalt stones and their soothing warmth. The heat of the warmed stones penetrates deeply into the muscles inducing relaxation of mind and body. An indulgent treat for stiff muscles, or deep relaxation. Cold stones may be briskly integrated in the treatment for a detoxifying effect depending on treatment requirements.	47€	65€
✿ <b>Hot Stone Back, Neck, Shoulder Massage</b> (45mins) As above treating the back, neck, shoulder and upper arms.	32€	45€
✿ <b>Poultice Massage</b> An indulgent treat. Treatment starts with refreshing foot scrub. Herbs and spices are selected, depending on the treatment objectives, and formed into warm natural cloth bundles, these are heated and used to massage, with deeply effective benefits.	75€	99€
✿ <b>De-Stress Muscle Release</b> (55mins) Firm massage treatment designed to work on stiff, tight and fatigued muscles and joints after sports or a day of physical stress and strain, uses warming oils and deep tissue techniques normally covering the back, back of legs, décolleté and arms. Adapted as needed.	35€	50€
✿ <b>Conditioning and Relaxing Back Treatment</b> (55mins) A luxurious deep cleansing back treatment, which cleanses and exfoliates to remove dead skin in this hard to reach area. A back massage stimulates blood supply bringing nutrients and oxygen to the tissues, a selected base mask is applied to hydrate or deeply cleanse, and hot paraffin applied to nourish and warm the area, while the back of legs and feet are massaged.	40€	55€



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<p><b>✿ Cellulite Treatment (55mins)</b></p> <p>Concentrating on the upper thigh, buttock and lower back, this is an intensive, stimulating treatment utilising the amazing benefits of the G5 mechanical massager; combined with the detoxifying effects of a Seaweed wrap and specific foot reflex points to work on eliminating toxins from the body. This toning, detoxifying, cellulite busting treatment will leave your contours smoother, firmer and delightfully soft. A course of treatments is recommended offering amazing results when combined with exercise and a healthy diet.</p>	38€	50€
<p><b>✿ Body Scrub (25mins)</b></p> <p>Enjoy the deep cleansing effects of this skin softening treatment on its own, or add prior to any massage treatment to increase the hydrating benefits of the massage oil used and leave your skin silky soft.</p>	15€	22€
<p><b>✿ Reiki (75mins)</b></p> <p>Gentle balancing of the body's subtle energies, to release blocked energy on many levels. Energy of light and love flows into the areas of most imbalance, working on the root of the problem. Anyone can benefit from Reiki, as it is a very relaxing treatment and works on relieving stresses and tension in the mind, and allows the body and spirit to heal. The client remains fully clothed throughout the treatment, while the practitioner gently applies their hands on or just above the body.</p>	20€	40€
<p><b>✿ Bowen Therapy (ISBT)</b></p> <p>A much applauded dynamic fascia (<i>the body's connective tissue</i>) and muscle release body treatment using single moves applied across muscles, tendons and ligaments to improve the flow of blood, lymph and energy for fantastic results. Ideal for work on traumas, injuries and the frail. Price depending on the treatment time.</p>	15€- 20€	30€- 50€

