MASSAGE-HEALTH-BEAUTY TREATMENTS

THERAPEUTIC MASSAGE
- 1/2hr - 25€
- 45mins - 35€
- 1hr - 45€

AROMATHERAPY MASSAGE
- 1/2hr - 30€
- 45mins - 40€
- 1hr - 50€

HOLISTIC TREATMENTS
*RELAX AND IMPROVE YOUR HEALTH*

*TOP TO TOE DELUXE - 1hr 15mins - 60€
Body massage including soothing head and face massage using warm oils + mini reflexology to remove toxins.

*REFLEXOLOGY - 45mins - 35€
Pressure point foot massage
Boosts energy levels, helps reduce stress and pain, aids removal of toxins.

*INDIAN HEAD MASSAGE - 1/2hr - 28€
Helps insomnia, eases migraines, headaches, mental strain, anxiety, stress, neckache.

*HOLISTIC HEALTH MASSAGE
- 1/2hr - 30€
- 45mins - 40€
- 1hr - 50€
Pressure point therapy combined with therapeutic massage to improve general health.

*MASSAGE / REIKI COMBINATION
- 1hr 15mins - 55€
Relaxing massage including rebalancing of the chakras.

NATURAL BEAUTY

* REJUVENATING ORGANIC FACIAL
- 1 hr 15mins - 55€
Enhance your natural beauty.
This organic facial includes cleansing + exfoliation, rejuvenating masks + soothing face, neck & shoulder massage.

BOOK AT RECEPTION
For more information visit: www.mholistictherapies.com
MASSAGE TREATMENTS

THERAPEUTIC MASSAGE
Improves circulation and relieves muscular tension. Helps ease discomfort of stiff aching joints, muscle spasm and accumulated stress. Also helps with fatigue, anxiety and depression.

1/2hr - 25€  45mins - 35€  1hr - 45€

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*Aroma Massage
1/2hr - 30€  45mins - 40€  1hr - 50€
Deeply relaxing Therapeutic Massage using luxurious Aromatherapy essential oil blends to increase the effect of your massage treatment. Aromatherapy massage helps to reduce pain and discomfort, accumulated stress, insomnia, anxiety and inflammatory conditions such as arthritis.

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*Holistic Health Massage - 1/2hr - 30€  1hr - 55€
Acupressure (pressure point therapy) combined with therapeutic massage helps to improve general health and promote wellness. It helps alleviate pain, trauma, burnout, relaxes the body and relieves stress.

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*Traditional Reflexology - 45min - 35€
Relaxing foot massage including use of thumb and finger pressure on the reflex points of the feet to activate the body's own healing and cleansing mechanisms. Helps to release energy blockages, aids removal of toxins, de-stresses and relaxes, helps rebalance body systems.

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*Aroma Reflexology - 45min - 40€
Blend of Aromatherapy and Reflexology. Traditional reflexology treatment which also includes tired feet and circulatory leg massage with appropriate essential oils. Reflexology and massage are both relaxing experiences, which when combined, helps to calm body and mind.

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*Warm Coconut Oil Massage
1/2hr - 28€  45min - 38€  1hr - 48€
Enhance your massage with deeply moisturising and beautifying coconut oil. Deeply relaxing and soothing, feel your aches and pains melt away with the warm oil.

BOOK AT RECEPTION
MASSAGE-HEALTH-BEAUTY

*Top to Toe Deluxe* - 1hr 15mins - 60€
Walk in and float out! Luxurious top to toe body massage including soothing head massage with warm coconut oil, nourishing face massage with exotic Argan oil + mini reflexology to remove toxins. The ultimate pamper.

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*Holistic Wine Therapy Facial* - 1hr 15min - 55€
Enhance your natural beauty with this rejuvenating skin treatment. Protects & prepares skin for sun exposure, also repairs sun damage. Includes exfoliation, soothing acupressure facial massage + masks using top quality organic products. Hydrates, soothes, nourishes, rejuvenates, relaxes. Suitable for all skin types. Also includes the use of a jade roller.

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*Mini Face Ritual*
1/2hr - 25€
An acupressure facial massage is an essential element of a beauty regime. It improves blood circulation, tones up facial muscles and when done regularly slows down ageing of the skin. This mini face ritual helps to brighten your complexion and includes mini cleanse, exfoliation & facial massage. Calms, soothes, beautifies, relaxes. Also includes the use of a jade roller.

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*Ayuverdic Head Massage* - 1/2hr - 28€
Traditional Indian head massage using warm oils focusing on pressure points of the head, face, neck, shoulders + upper arms. Helps insomnia, eases migraines/headaches, mental strain, anxiety/stress, neckache.

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*Rebalancing Massage including Reiki*
1hr 15mins - 55€
Relaxation massage with a smooth, flowing style that promotes general well being, then finishes with rebalancing of the chakras. (Japanese technique to rebalance body energy systems.)

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