

# Holistic Treatment List

## SWEDISH MASSAGE

Relaxation or Deep tissue tailored to the clients comfort.

Back, neck, shoulders or full body.....30 MINS €50 / 55 MINS €85

## HOT STONE RITUAL

A full or half body massage ritual using deeply warming and therapeutic

basalt stones. ....30 MINS €55 / 55 MINS €90

## INDIAN HEAD MASSAGE

A head massage to focus on balancing the body's energy, eliminating tiredness, alleviate headaches, eye strain, stress and muscle tension.....

30 MINS €50

## RELAXING MOMENT MASSAGE

A combination of hot stone back massage, Indian head massage and tired leg and foot massage.....

55 MINS €85

## EAR CANDLING

A natural gentle cleansing treatment for the ear canal.....

30 MINS €55

## REFLEXOLOGY

Reflexology can treat the whole body through the feet and can unblock

flow of energy in organs and rebalance entire systems.....30 MINS €55 / 55 MINS €80

## TIRED LEGS AND FEET

This foot massage improves circulation, stimulates muscles, reduces tension and often eases pain.....

30 MINS €50

## BACK FACIAL TREATMENT

Destress and cleansing back scrub followed by a therapeutic massage.....

30 MINS €55

## BACK OF BODY RITUAL

Relax and indulge in this back of body treatment. This blissful ritual begins with a body brush to increase circulation & stimulate the lymphatic system. Enjoy a calming back sugar scrub with uplifting geranium, ylang ylang & sweet orange scents to refresh and hydrate the skin.

This ritual closes with a relaxing massage from the soles of your feet to your back, neck and shoulders. ....

55 MINS €90

## Organic Revitalising Facial and Back Massage

Tailored to your skin type this organic treatment will give you that radiant glow.

55 mins €90



## KILLARNEY ORGANIC SIGNATURE RITUAL & FACIAL PACK

\* 55 min full body Massage

\* 30 min Organic Luxury Facial

\* Killarney Organic skincare pamper box to continue your new skincare Routine (Chamomile & Calendula

Luxury Cleansing Oil, Cleansing Cloth, Floral Toner and Moisture Extreme Recovery Balm).....€199