

Shiatsu Facelift

Achieve firmer, younger looking skin naturally. This non-invasive, gentle treatment improves the appearance of fine lines and wrinkles, reduces puffiness, invigorates the skin and tones the facial muscles. The result - a glowing rejuvenated complexion.

HOW DOES IT WORK?

Also referred to as a natural facelift, Shiatsu Facelift works by using a combination of massage, muscle and fascia release techniques and acupressure on the skin and muscles of the face and neck. The treatment also has a very therapeutic effect on the whole body. Contact with the acupressure points on the face has a direct effect on its associated organ in the body.

TREATMENT PLAN:

Although results can be seen and felt after just one treatment, for maximum benefit a course of 4 - 6 treatments is advised followed by one treatment every 4 - 6 weeks to maintain the effects. Each treatment lasts one hour.

- ONE TREATMENT 60 min..... €60
- COURSE OF 4 TREATMENTS 60 min each€200
- COURSE OF 6 TREATMENTS 60 min each€280



Bio Energy & Hidden Mind Investigative & Corrective Sound

These combined holistic treatments work by rebalancing the life force energy in and around the body and accessing the subconscious mind. They are safe to use for all conditions and are gentle, relaxing and non-invasive.

BIO ENERGY - HOW DOES IT WORK?

When an illness or unwanted condition develops, it is essentially coming from an imbalance or blockage in our energy flow. Once the flow of energy is brought back into balance, the body, which naturally always strives to be well, starts its own healing process. The aim of the Bio Energy therapist is to locate and release these energy blockages using a series of hand movements to scan the energy field of the body. Life force energy then flows freely and unlocks the healing ability within every cell of the body.

HIDDEN MIND INVESTIGATIVE AND CORRECTIVE SOUND

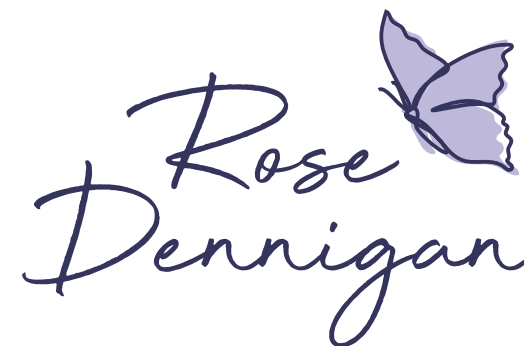
Used in conjunction with Bio Energy or as a stand-alone treatment, it works by questioning the subconscious mind with statements through dowsing with a pendulum to find the hidden cause of disease and symptoms. Sound Therapy is used to release any stored blockages or negative energy.



TREATMENT PLAN:

Bio Energy treatments are carried out over 4 days for 60 minutes each day. The Hidden Mind Investigative & Corrective Sound Protocol is incorporated throughout the treatments. Hidden Mind can also be carried out in one session with a follow up session after approximately 6 weeks.

- COURSE OF 4 TREATMENTS 60 min each€200
- HIDDEN MIND 60 min €60
- HIDDEN MIND 90 min €80



HOLISTIC THERAPIES



- MASSAGE
- CUPPING THERAPY
- EMINENCE ORGANIC FACIALS
- 5 OILS FACIALS
- SHIATSU FACELIFT
- BIO ENERGY & HIDDEN MIND

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Massage

Optimise your health by releasing mental stress and muscular tension with a therapeutic massage. Massage is the perfect way to relieve deep muscular aches and pains while promoting a sense of calm, peace and wellbeing.

RELAXING THERAPEUTIC FULL BODY MASSAGE

A full body massage, using light to medium pressure, which ensures you will unwind and de-stress both physically and mentally.

55 min €60 | 75 min €80 | 85 min €90

DEEP TISSUE FULL BODY MASSAGE

Find immediate relief from chronic pain, tension and stress caused by injury or overused muscles. This therapeutic full body massage focuses on specific problem areas.

55 min €60 | 75 min €80 | 85 min €90

BACK NECK & SHOULDER MASSAGE

We often carry our stresses and strains in the muscles of the back, neck and shoulders. This massage concentrates on relieving pain and tension in these overworked areas.

55 min €60

AROMATOUCH SIGNATURE MASSAGE

A relaxing therapeutic massage using a blend of doTERRA pure essential oils including richly aromatic peppermint, grapefruit and lavender to soothe your senses.

55 min €65

AROMATOUCH DEEP TISSUE MASSAGE

Formulated to soothe and cool, doTERRA Deep Blue is an enriching blend of oils including Wintergreen, Blue Tansy and Camphor. This deep tissue massage is ideal for relieving tired, aching muscles.

55 min €65

MASSAGE & CUPPING THERAPY

Deepen the therapeutic effects of your massage experience with the added benefits of Cupping Therapy. During the massage the cups are added to ease deep muscular tension, release fascial layers and alleviate tendon and ligament strain. The cups also help with lymphatic drainage by stimulating the lymphatic system and speed up the removal of toxins from the body. Cupping Therapy can be used to relieve a range of ailments including fibromyalgia, migraine, tension headaches, sports injuries and deep rooted muscular tension.

55 min €60

Eminence Organic Skincare Facials

Enhance your skin naturally with an Eminence Organic Skincare Facial. Delicious fresh aromas from active organic fruits, flowers, herbs and spices will envelop your senses while your skin is plumped and renewed.

EMINENCE ORGANIC PRESCRIPTIVE FACIAL

Using the most powerful anti-aging technology, the facial begins with a thorough cleanse and exfoliation of the skin, followed by specially selected masques to plump and regenerate the skin. Hydration is completed with a nourishing moisturiser leaving skin feeling rejuvenated, refreshed and looking radiant.

60 min €75

EMINENCE SIGNATURE FIRE & ICE FACIAL

A positively stimulating facial that will leave your skin glowing, detoxified and firm. After a deep cleansing, the skin is exfoliated with a warming spicy kick of paprika, sage and horsetail plant. The tingling hot sensation is then cooled by applying chilled organic masques and creams. Age-old Hungarian face, neck and scalp massage techniques are applied to de-stress your skin, leaving it soft, toned and fresh with long-lasting results.

60 min €75

EMINENCE ORGANIC TASTER FACIAL

Enjoy a little taste of Eminence. Skin is cleansed with a fruit based cleanser followed by a deep exfoliation to reveal soft, plumped skin. Your face and neck is then treated to a lifting and firming massage and hydrated with a delicious whipped moisturiser. The perfect treat as a pick-me-up or to prepare your skin for a special occasion.

30 min €45

EMINENCE ORGANIC EYE TREATMENT

- ADD TO ANY OF THE ABOVE FACIALS -

Treat the delicate eye area to a gentle exfoliation followed by a hydrating eye masque, a soothing massage and, for complete hydration, a gentle eye cream. Helps to smooth out fine lines and reduce puffiness.

15 min €15

5 Oil Facial

This soothing, relaxing, oil-infused facial not only benefits the skin but also encourages emotional balance and wellbeing.

Using beautifully blended oils, the skin is deeply nourished and rejuvenated. Natural facelift techniques are applied to revitalise and improve texture and tone of the skin.

This facial stimulates the circulation by bringing fresh nutrients to the surface while lymphatic drainage will remove toxins and excess fluid. The stimulation of Acupressure Points also helps with skin rejuvenation, pain, anxiety and sinusitis.

Your neck and shoulders are also treated to a stress-reducing massage to release stored tension and pain, while a deeply soothing scalp massage will leave you feeling utterly relaxed.

SOME OF THE BENEFITS OF THE 5 OIL FACIAL INCLUDE:

Improved collagen and elastin production

Improved skin tone

Improved skin texture

Reduced headaches

Reduced effects of stress and anxiety

Improved symptoms of TMJ

Reduced insomnia

Reduced effects of sinusitis

60 min €65

