



## *Killarney Riverside Hotel – Holistic Treatments*

### **HOLISTIC TREATMENTS**

#### **SWEDISH MASSAGE - 1hr €75/30mins €50**

Relaxation or deep tissue massage designed to ease away tension & treat specific muscle breaking down & releasing knotted muscles.

#### **HOT STONE MASSAGE - 1hr€80/30mins €50**

Heated basalt stones massaged throughout the body melting away tension, easing muscle aches and pain. A deeply relaxation treatment grounding the soul.

#### **INDIAN HEAD MASSAGE - 30mins €45**

An ancient Indian healing massage treatment of upper back, neck, scalp and face. This treatment is fantastic for treating headaches, will relive stress and ease tension in the body.

#### **REFLEXOLOGY - 1hr €70 / 30 mins €45**

Reflexology can treat the whole body through the feet can unblock flow of energy in organs and rebalance entire systems.

#### **RELAXING MOMENTS MASSAGE - 1hr €80 { a combination of 3 of above}**

A favourite treatment.

#### **EAR CANDLING - 45 mins €55**

Auricular Therapy is a pleasant and non-invasive treatment. Ear candles create a light suction action it generates a massage like effective on eardrum with heat stimulating blood and lymph circulation and aiding removal of waste product.

#### **DO TERRA AROMA TOUCH - 75 mins €90**

doTERRA's AromaTouch Technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help stimulate and balance sympathetic and para-sympathetic nervous systems of the body. The AromaTouch Technique improves well-being by reducing physical and emotional stressors promotes homeostasis in the body. (A light touch treatment not for deep massage client.)

For reservations, please call 087 2172175 or Email: [renewwithrosemary@gmail.com](mailto:renewwithrosemary@gmail.com)