

Head to Toe Therapies

MENU OF SERVICES

MASSAGES

60/75/90 minutes

HOLISTIC MASSAGE

€50/€60/€70

Holistic massage can be used for relaxation, stimulation or rehabilitation of the muscles. It promotes suppleness, improves circulation, eliminates toxins from the body and reduces stress.

SWEDISH/DEEP TISSUE MASSAGE

€60/€70/€80

Deep tissue or Swedish massage help improve suppleness and flexibility of muscles and joints. Deep tissue massage is best for giving attention to certain painful, stiff "trouble spots" in your body.

SPORTS MASSAGE & NEUROMUSCULAR THERAPY

€60/€70/N/A

This treatment offers more intensive methods of both orthopedic sports massage & neuromuscular therapy which offers treatment and intervention for chronic and acute soft tissue and muscular pain, injury and soft tissue dysfunction.

PREGNANCY MASSAGE (PRE & POST NATAL)

€60/€70/€80

This massage meets the needs of mother and baby, we care about your wellbeing and adjust our treatments to work for expectant and post natal mums. The benefits of this treatment include hormone regulation, reduction of swelling and back pain.

HOT STONE MASSAGE

€60/€70/€80

Hot stone massage uses hot stones with traditional massage techniques to bring deep relaxation and balance on a mind, body and spiritual level.

HEAD MASSAGE

€60/€70/N/A

Head massage is a deep style of massage that focuses on the head, neck and shoulders. A head massage applies a range of techniques to help reduce stress and tension in the upper body.



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MENU OF SERVICES

MASSAGES

THAI FOOT MASSAGE

Thai foot massage is a massage that is not only performed on the feet, but also on the lower leg. Apart from just a fabulous massage, the manipulation of soft tissue and the mobilisation of joints, it also aims to stimulate the internal organs of the body via the reflex points of the feet.

60 MIN | €60

75 MIN | €70

HEAD TO TOE SIGNATURE MASSAGE

Our Head To Toe Signature Massage is an innovative holistic approach to help you manage life's daily challenges and rediscover a real sense of tranquility and profound relaxation for mind and body. Step back from your stress and allow yourself to be submerged in a world of total relaxation. Unique to Head To Toe Therapies, our Signature Massage allows you to unwind, as well as to aid mental and physical fatigue. We begin your treatment as you pick your massage oil, we continue with a refreshing exfoliation of the feet and leg massage. A foot mask is applied, followed by a back massage using hot stones. A shoulder, neck, and scalp massage will complete the upper body experience, and we finish by removing the foot mask, giving your feet the finishing touches of being moisturized and massaged with hot stones. Your therapist will finish allowing you time to stay on the treatment bed, listen to music and take that extra time just for you. Upon your therapist's return your treatment is completed with a light refreshment.

90 MIN | €90

GUA SHA

Gua Sha is a traditional healing method that has been used in China for thousands of years. The worlds Gua Sha are derived from the worlds to rub or scrape - red/blood. We use rose quartz stones across the face which triggers the skin's metabolic healing process, accelerates collagen production, increases blood circulation, encourages lymphatic drainage, and rejuvenates tired skin.

60 MIN | €60



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MENU OF SERVICES

REFLEXOLOGY

45/60 minutes

FOOT REFLEXOLOGY

€40/€50

This treatment works solely on the feet with longer sessions working on the lower leg as well, benefits include the relief of stress and tension and has a deeply relaxing effect

FACIAL REFLEXOLOGY - CLOONEY CONCEPT

€50/€60

This treatment is very slow and rhythmical, causing the sympathetic nervous system to engage helping you to relax and relieve stress by assisting the body to heal & rebalance itself as gentle pressure is applied to the different zones & reflexo points of the face.

REFLEXOLOGY FOR PREGNANCY & CHILDBIRTH

€40/€50

Benefits of reflexology for pregnancy and childbirth works to bring balance to the body and for preparation for childbirth. Benefits include water retention & swelling of the feet, nausea, fatigue, leg cramps, constipation, back ache, disturbed sleep, depression & anxiety.

REFLEXOLOGY FOR FERTILITY

€40/€50

Reflexology works by bringing balance to the body, getting it to relax, reducing stress so that all systems can work more efficiently and so increase the possibility of achieving a pregnancy.

REFLEXOLOGY FOR BABIES/CHILDREN

CLASSES
AVAILABLE

Baby and children's reflexology is nurturing and gentle, it is an ideal modality for little feet. The gentle pressure that is used can help with allergies, digestion (colic, upset stomachs, constipation. Insomnia, bed wetting, teething problems and much more.



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MENU OF SERVICES

HOLISTIC FACIALS

45/60 minutes

HOLISTIC FACIALS

Holistic facials contain the same principles as a regular facial in that a routine of cleansing, toning, exfoliating, facial massage, the application of a facial mask and moisturising is the same. Yet it takes a holistic approach concentrating on the person as a whole and not just what skin type the person is. Each facial is tailored to booking time and clients needs.

30 MINS | €40

45 MINS | €50

60 MINS | €60

MEN'S FACIAL

Using a new range of products from Holos, we can now offer Men's facials, this includes a cleanse, tone, exfoliation, neck, head, face massage, mask, and moisturizing of the skin.

75 MINS | €70

HOLOS SIGNATURE FACIAL

Consultation and products are selected for your skin type and this wonderful treatment includes a double cleanse, tone, exfoliation, masque, hand & arm massage, shoulders, neck, face and scalp massage and finished with a moisturise.

75 MINS | €70

HEAD TO TOE SIGNATURE FACIAL

Head To Toe Signature facial, will not only rejuvenate your skin, but it will also rejuvenate your body, mind & soul. Using the Holos Skin Care Range, we tailor the facial to suit your skin needs, which includes deep cleansing of the skin, two mask application plus serums and moisturisers are applied to leave your skin feeling healthy with a natural glow. The body will not feel left out as a hand and arm massage and a scalp massage are included as well as a facial massage that includes Gua Sha (see benefits & tips) this not only helps to detoxifies the skin, but also helps muscle tone giving you a natural face lift.

90 MINS | €90



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MENU OF SERVICES

HOLISTIC & TOUCH THERAPIES

45/60 minutes

ONCOLOGY MASSAGE

€40/€50

This treatment is a modification of existing massage therapy, it is a therapy for those who have been diagnosed with or are recovering from cancer. It uses expert techniques and works therapeutically to give renewed sense of deep relaxation. Tracy McCarthy is not only qualified in Oncology Massage but has done voluntary work for ARC House in Cork where she has helped people with cancer and post cancer.

LYMPHATIC DRAINAGE MASSAGE

€50/€60

Lymphatic drainage massage is a form of gentle massage that encourages the movement of lymph fluids around the body. The fluid in the lymphatic system helps remove waste and toxins from the bodily tissues. ... Lymphatic drainage massages can benefit people with lymphedema, fibromyalgia, and other conditions.

EAR CANDLING

€40/N/A

Ear candling involves inserting a long cylindrical candle into the ear and lighting it on the other end. Heat produced from the candle helps to draw out excess ear wax and debris which may be present in the ear canal.

CRYSTAL THERAPY

NO CHARGE

Crystal healing offers excellent stress relief and is particularly useful for people who suffer from migraines, insomnia, panic attacks, pain, stiff joints, digestive disorders, and chronic or severe illnesses such as cancer that require long-term support. It has also been found to be helpful in infertility and behavioural disorders. At an emotional level, crystal healing can stabilise moods and enhance self-esteem. At a mental level, it induces clarity and enhances focus.



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MENU OF SERVICES

PRE & POST PREGNANCY

45/60 minutes

TREATMENTS

PREGNANCY MASSAGE

BACK ONLY 45 MINS | €50

60 MINS | €60

75 MINS | €70

90 MINS | €80

THAI FOOT MASSAGE

45 MINS | €50

60 MINS | €60

75 MINS | €70

REFLEXOLOGY FOR PREGNANCY & CHILDBIRTH

45 MINS | €40

60 MINS | €50

HOLISITC FACIALS

30 MINS | €40

45 MINS | €50

60 MINS | €60

PACKAGES

PREGNANCY (MASSAGE & REFLEXOLOGY) COMBO 10

75 MINS | €80

90 MINS | €90

PREGNANCY (MASSAGE & THAI FOOT MASSAGE)

COMBO 11

75 MINS | €80

90 MINS | €90

PREGNANCY (MASSAGE & FACIAL) COMBO 12

75 MINS | €80

90 MINS | €90



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TREATMENT PACKAGES

45/60 minutes

SIGNATURE TREATMENT WITH ALL THE TRIMMINGS

90 MIN | €90

120 MIN | €110

MASSAGE & HEAD MASSAGE COMBO 1

BACK & HEAD MASSAGE

45MINS | 60€

FULL BODY & INDIAN HEAD

60MINS | €70

75 MINS | €80

90 MINS | €90

MASSAGE, HEAD MASSAGE & REFLEXOLOGY COMBO 2

120 MINS | €110

MASSAGE, HEAD MASSAGE & THAI FOOT MASSAGE COMBO 3

120 MINS | €110

MASSAGE & FACIALS COMBO 4

BACK & FACIAL

60MIN | €70

75MIN | €80

FULL BODY & FACIAL

90MIN | €90

120MIN | €110



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MENU OF SERVICES

TREATMENT PACKAGES

45/60 minutes

HOT STONE & FACIAL COMBO 5

HOT STONE BACK & FACIAL

60 MINS | €70

75 MINS | €80

HOT STONE FULL BODY & FACIAL

90 MINS | €90

120 MINS | €100

MASSAGE & REFLEXOLOGY COMBO 6

BACK MASSAGE & REFLEXOLOGY

60 MINS | €70

75 MINS | €80

FULL BODY & REFLEXOLOGY

90 MINS | €90

120 MINS | €100

MASSAGE & THAI FOOT MASSAGE COMBO 7

BACK MASSAGE & THAI FOOT MASSAGE

60MIN | €70

75MIN | €80

FULL BODY & THAI FOOT MASSAGE

90MIN | €90

120MIN | €110



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MENU OF SERVICES

TREATMENT PACKAGES

45/60 minutes

HEAD MASSAGE & REFLEXOLOGY COMBO 8

60 MINS | €70

75 MINS | €80

90 MINS | €90

HEAD MASSAGE & THAI FOOT MASSAGE COMBO 9

60 MINS | €70

75 MINS | €80

90 MINS | €90

PREGNANCY (MASSAGE & REFLEXOLOGY) COMBO 10

75 MINS | €80

90 MINS | €90

PREGNANCY (MASSAGE & THAI FOOT MASSAGE) COMBO

11

75 MINS | €80

90 MINS | €90

PREGNANCY (MASSAGE & FACIAL) COMBO 12

75 MINS | €80

90 MINS | €90



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MENU OF SERVICES

TREATMENT PACKAGES

45/60 minutes

EAR CANDLING & HEAD MASSAGE COMBO 13

60 MINS | €70

75 MINS | €80

FACIAL REFLEXOLOGY & HEAD MASSAGE COMBO 14

60 MINS | €70

75 MINS | €80

90 MINS | €90

FACIAL REFLEXOLOGY & MASSAGE COMBO 15

BACK MASSAGE & FACIAL REFLEXOLOGY

60 MINS | €70

75 MINS | €80

FULL BODY & FACIAL REFLEXOLOGY

90 MINS | €90

GUA SHA & FACIAL REFLEXOLOGY

75 MINS | €80

90 MINS | €90

