

Head to Toe Therapies

MENU OF SERVICES

MASSAGE

MASSAGE (HOLISTIC, SWEDISH, DEEP TISSUE)

Massage can be used for relaxation, stimulation or rehabilitation of the muscles to bring suppleness and flexibility. It promotes suppleness, improves circulation, eliminates toxins from the body and reduces stress, each treatment is tailored to meet the clients need

45MIN | €50

60MIN | €60

75MIN | €70

90MIN | €80

AROMATHERAPY MASSAGE

An aromatherapy massage includes all the benefits of a regular massage, (improved circulation, lymph drainage etc.) with the added benefit of a blend of essential oils tailored to your specific needs, all to improve physical and emotional health.

60 MIN | €70

75MIN | €80

90MIN | €90

SPORTS MASSAGE

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.

30MIN | €40

45MIN | €50

60MIN | €60

HOT STONES MASSAGE

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

45MIN | €50

60MIN | €60

75MIN | €70

90MIN | €80

HEAD MASSAGE

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. It may help ease migraine or headache pain, lower blood pressure, improve circulation to your head and neck and promote hair growth.

45MIN | €50

60MIN | €60

75MIN | €70

AROMATHERAPY HEAD MASSAGE

An aromatherapy head massage uses unique blending of wonderful oils that may help the face & scalp with certain conditions, such as eczema, psoriasis, dandruff as well as dry, sensitive & mature skin types

60MIN | €70

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MASSAGE

PREGNANCY MASSAGE

45MIN | €50

60MIN | €60

75MIN | €70

90MIN | €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. Can aid better sleep and circulation while helping to reduce stress and anxiety. Please note that we also adjust treatments to tailor around each trimester.

THAI FOOT MASSAGE

50MIN | €50

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. Reflex points are specific points on the foot that correspond to an internal organ. The massage also works along the energy (sen) lines of the feet and lower legs to balance and harmonise the flow of energy around the body.

REFLEXOLOGY

FOOT REFLEXOLOGY

50 MIN | €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.

AROMAREFLEX

60 MIN | €70

Aromareflex uses the power of plants in the essential oils in the following areas: Immune system boost, reproductive support, pregnancy labour focus, menopause, detox, grief, depression, aches and pains, relaxing, reviving and hormone balancing. You will have the chance to approve the chosen oils before they are mixed for the treatment and we recommend you allow 8 hours before washing your feet, to allow your skin to absorb the essential oils more fully.

FACIAL REFLEXOLOGY

60 MIN | €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.

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TOUCH THERAPIES

ONCOLOGY MASSAGE

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 a renewed sense of deep relaxation. Tracy McCarthy is not only qualified in Oncology Massage but has done voluntary work for ARC House in Cork,

45 MIN | €50

60 MIN | €60

LYMPHATIC DRAINAGE MASSAGE

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.

45 MIN | €50

60 MIN | €60

CRYSTAL THERAPY

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.

NO CHARGE

EAR CANDLING

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.

45 MIN | €40

HOLISTIC FACIALS

HOLISTIC FACIAL

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.

45 MIN | €50

60 MIN | €60

GUA SHA

Gua Sha is a traditional healing method that has been used in China for thousands of years. 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.

45 MIN | €50

60 MIN | €60

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PREGNANCY – PRE & POST TREATMENTS

PREGNANCY MASSAGE

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.

45 MIN | €50

60MIN | €60

75MIN | €70

90MIN | €80

REFLEXOLOGY FOR FERTILITY

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.

50MIN | €50

REFLEXOLOGY FOR PREGNANCY & CHILDBIRTH

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.

50MIN | €50

REFLEXOLOGY FOR BABIES/CHILDREN

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.

1 -1 &
GROUP
CLASSES
AVAILABLE

MASSAGE FOR BABIES/CHILDREN

Classes or individual session allows for discussion of topics such as: transitions into parenthood, infant/baby milestones, baby brain development, non-verbal communication, baby cues, behavioral states, attachment, bonding, sleep, breastfeeding (among others).

1 -1 &
GROUP
CLASSES
AVAILABLE

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EXCLUSIVE TREATMENTS OF HTT

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. 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.

90 MIN | €100

120MIN | €120

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 applications 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

90 MIN | €100

120MIN | €120

SIGNATURE REFLEXOLOGY

This relaxing holistic treatment based on the principle of the reflex points not only those on the soles, tops and sides of the feet but also the ones on the face. We start with a light exfoliation of the feet and a welcoming relaxing breathing technique that will allow you to unwind and let your body begin its journey to rebalance. After a foot mask is applied, a facial reflexology will begin. This treatment will follow not only with a leg massage but will finish with foot reflexology. We use specialised massage techniques to help correct imbalances throughout the body and help release blocked energy.

90 MIN | €100

120MIN | €120

SUMMER RITUAL

A 2hr & 30min treatment, including foot treatment, dry body brush, exfoliation of face & lips & a full body Holistic Massage.
(available April to September)

150MIN | €160

WINTER RITUAL

A 2hr & 30min treatment, including foot treatment, dry body brush, exfoliation of face & lips & a full body Hot Stones Massage.
(available October to March)

150MIN | €160

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TREATMENT PACKAGES

	60min	75min	90min	120min
#1 Massage & Head Massage	€70	€80	€100	€120
#2 Massage, Head Massage & Reflexology	€70	€80	€100	€120
#3 Massage, Head Massage & Thai Foot	€70	€80	€100	€120
#4 Massage & Facial	€70	€80	€100	€120
#5 Hot Stones & Facial	€70	€80	€100	€120
#6 Reflex & Massage		€80	€100	€120
#7 Thai Foot & Massage	€70	€80	€100	€120
#8 Reflexology & Head Massage	€70	€80	€100	
#9 Thai Foot & Head Massage	€70	€80	€100	
#10 Pregnancy Massage & Reflexology		€80	€100	
#11 Pregnancy Massage & Thai Foot		€80	€100	
#12 Pregnancy Massage & Facial		€80	€100	
#13 Pregnancy Massage, Facial & Reflex	€70	€80	€100	€120
#14 Facial Reflexology & Head Massage	€70	€80	€100	
#15 Facial Reflexology & Massage	€70	€80	€100	
#16 Gua Sha & Facial Reflexology		€80	€100	