



FOUR SEASONS
HOTEL
& Leisure Club

EACH TREATMENT IS TAILORED
TO MEET INDIVIDUAL NEEDS
Advanced booking is essential—Gift
Vouchers Available

Telephone Leisure Club on 047
77320 / 81888

THERAPEUTIC AND BEAUTY TREATMENTS

| <u>Treatment</u> | <u>Price</u> | <u>Treatment</u> | <u>Price</u> |
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| HOT STONE THERAPY Hot stone therapy involves the application of water-heated volcanic basalt stones of varying sizes to key points on the body, giving a deep massage and creating sensations of comfort and warmth. The heat relaxes the muscles allowing manipulation of a greater intensity than regular massage. | €90.00 | REFLEXOLOGY & CRANIO SACRAL THERAPY This treatment stimulates pressure points on the feet while also unblocking energy pathways through the cerebral spinal fluid. It assist in combating the effects of stress and helps in the removal of waste and toxins in the body | €50.00 |
| AROMATHERAPY This is a full body massage using essential oils, relaxing, stimulating and invigorating the mind, body and spirit. | €60.00 | REIKI Unique, profound and safe technique for restoring depleted energy and balancing energy within you. | €40.00 |
| HOLISTIC MASSAGE Full body massage without the use of essential oils. This has a detoxing and relaxing effect on the mind and body. | €60.00 | INTEGRATED ENERGY THERAPY This is a simple and gentle way to release energy blockages through stimulating pressure points on the body. | €45.00 |
| BACK, NECK & SHOULDER Will relax and relieve muscle tension, helps to de-stress with the use of essential oils. | €40.00 | LUXURIOUS FRENCH PEDICURE Nail shaping cuticle care followed by a foot massage and French manicure paint. | €40.00 |
| HEAD & FACIAL MASSAGE This improves circulation and brings a healthy glow to the skin. Relieves headaches & tension. | €40.00 | NAIL ART | €25.00 |
| INDIAN HEAD MASSAGE Relieves head and neck tension. Good for headaches and sinus problems. | €40.00 | HOT PARRAFIN WAX For feet, gives therapeutic relief of arthritis | €50.00 |
| LEG, FOOT & ANKLE MASSAGE Relieves head and neck tension. Good for headaches and sinus problems. | €40.00 | CHIROPODY General chiropody, removal of corns, callouses, ingrowing nails etc. | €35.00 |
| SPORTS MASSAGE Increases circulation to localised muscles relieving deep muscular pain. | €40.00 | MBT'S—Masai Barefoot Technology MBT is a revolutionary range of footwear that re-establishes the natural conditions of standing and walking. It improves posture and strengthens the back. MBT's are recommended by orthopaedic and physiotherapists across the world. | |
| MASSAGE AS PART OF A SLIMMING PROGRAMME Helps in conjunction with diet and exercise. Treatment focuses on areas of fatty tissue, breaking down fatty deposits and detoxing the body. | €40.00 | MISTIC TAN Mistic tans new misting technology delivers an all-over even tan. All areas get a uniform covering to produce a golden brown tan. There is three level colour settings ranging from fair skinned to dark. The booth allows the tan to be carried out in ones own privacy. | |