

PARK THERAPIES

Deep Tissue/Sports Massage 50 mins	€65
Effective deep tissue massage to ease muscle tension for specific areas of the body after sports and for overworked muscles.	
Holistic/Swedish Massage 60 mins	€65
Full body stress relieving full body massage using relaxing oils.	
Head, Neck and Shoulders Massage 30 mins	€40
Relaxing, deep massage to ease tension and stress.	
Pregnancy Massage 30 mins	€40
Relaxing massage to relieve many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches and swelling.	
Reflexology 40 mins	€45
A specific pressure technique is applied to the feet where all the internal body structures and organs are mapped in order to unlock any imbalances that may occur in the body.	
Manicure 30 mins	€30
Manicure with exfoliation, hand massage, cut, file & cuticle care with regular polish.	
Pedicure and Foot Massage 60 mins	€40
Pediicure with exfoliation, foot massage, cut, file & cuticle care with regular polish.	
Rejuvenating Facial 60 mins	€65
Relaxing and rejuvenating skincare treatment to boost tired, dehydrated skin includes exfoliation, calming anti aging mask and face massage using a jade roller leaving skin revitalised.	

Bookings: Call or text Deirdre on **087 181 5610**

Opening Times: 10am - 6pm Monday - Sunday.

24 hrs Cancellation Notice is Required.



**CLONAKILTY
PARKHOTEL**