

SERENITY ROOM



CELTIC  
ROSS  
HOTEL

# Massage TREATMENTS

## *Celtic Ross Signature* Full Body Massage Treatment

90 minutes €110

A beautiful full body massage that encompasses gentle joint movement, acupressure points and massage. This treatment will instantly soothe aching muscles, relieve tension and melt away day-to-day stress. Also included is a wonderfully relaxing Indian Head massage, which will send you into a world of deep relaxation.

## *Celtic Ross Signature* Pamper Package

90 minutes €110

Enjoy a beautifully relaxing full body massage combined with an acupressure point Hand and Foot Massage for the ultimate pampering treatment. This relaxing treatment targets all areas to relieve tension and stress, combined with acupressure point massage performed on the Hands and Feet to correct imbalances of the body and clear energy pathways. This treatment will leave you walking on air.

## Massage for *Her/Him*

90 minutes €110

This full body therapy is created just for you by combining a relaxing blend of essential oils to help relieve tension and relax the mind and body. This ultimate massage experience includes an upper body exfoliation with organic sea salts to ease away any day-to-day aches, pains and stresses.

## *Aromatherapy* Massage

60 Minutes €75

This massage will relax the body, calm the mind and release tight tense muscles. Using a blend of essential oils created specifically for Serenity Room or choose from a selection of essential oils and create a unique blend just for you, this massage will help promote healing, ease stress and tension and leave you feeling wonderfully relaxed, physically and emotionally.

## *Holistic/Swedish* Massage

60 minutes €70

This full body massage is a deeply relaxing treatment, specifically tailored to you using different manipulative techniques, and a blend of beautiful relaxing oils. It can help reduce muscular aches, tension and stress while improving circulation and flexibility.



## *Indian* Head with Facial Massage

40 minutes €55

This deeply relaxing massage uses a combination of techniques to help relax and loosen the muscles, stimulating and releasing blockages in the flow of qi, or vital energy. The scalp is massaged using techniques that stimulate, relax and revive the entire head and scalp, releasing stress and tension.

## *Hot and Cold Stone* Massage

60 Minutes €80

A deeply relaxing treatment that uses the therapeutic heat from hot stones to reach into the heart of the muscles allowing for deep relaxation, followed by cold stones to stimulate, refresh and rejuvenate the body. This full body massage will induce a feeling of total relaxation and promote a truly restful sleep.

## *Deep Tissue* Massage

40 minutes €60

Ease aching muscles and tightness with this powerful upper body deep tissue massage. This slower but deeper massage is beneficial in releasing chronic muscle tension by helping realign the deep layers of muscles and connective tissue, and by paying special attention to areas of tension and stress build up.

## *Pregnancy* Massage

60 minutes €70

A wonderful gentle massage using our own blend of nurturing oils, focusing on the muscles that are responsible for supporting the pregnant tummy and easing pains associated with pregnancy; helping to relieve tension in the back, joints and other key areas.

## *Back, Neck and Shoulder*

Massage

45 Minutes €60

45 Minutes with Hot Stones €65

This upper body massage targets all the areas you hold the most tension and stress. It detoxes and de-stresses the body, realigns and relaxes the muscles within, which in turn help to balance the energy flow and restore balance.

## *De-Stress* Treatment

60 minutes €70

The soothing treatment begins with triggering acupressure points to help the body and mind relax. Followed by our back, neck and shoulder massage with relaxing essential oils to help relieve tension and stress, finishing off with a scalp massage and luxurious facial.

## *Leg and Foot* Rejuvenation

60 minutes €75

This heavenly treatment begins by exfoliating the lower legs with an Organic sea salt scrub, followed by a firm relaxing massage to relieve any tightness. A warm seaweed wrap is then applied to the legs, while an acupressure point massage is performed on the feet, helping to correct any imbalances in the body and clear any blocked energy pathways. A nourishing moisturizer is then applied to recondition the skin which will leave your legs and feet feeling energized and re-vitalized.



**CELTIC  
ROSS  
HOTEL**

www.celticrosshotel.com  
Rosscarbery, West Cork

All of our treatments can be combined to create a treatment therapy to suit you and your needs. Please ask your therapist for more details and pricing.

**Opening Times:** Open seven days by appointment only.

**Booking:** Call 083 8163981 or email [bee.serenityrooms@gmail.com](mailto:bee.serenityrooms@gmail.com)

*\*\*Should you need to cancel a treatment appointment, please provide 24 Hour notice or the full cost of the appointment will be charged\*\**