

Serenity Rooms

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. A complimentary glass of Prosecco and strawberries are included in this treatment.

Celtic Ross 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 a 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 Him

90 minutes

€90

This full body therapy is created just for him 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, followed by a hot stone massage to ease away any day-to-day aches, pains and stresses.

Massage For Her

90 minutes

€90

This full body therapy is created just for her 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, followed by a hot stone massage to ease away any day-to-day aches, pains and stresses.

Aromatherapy Massage

60 Minutes

€65

This massage will relax the body, calm the mind and release tight tense muscles. Using a blend of essential oils created specifically for Serenity Rooms, 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.

Relaxing Abhyanga Ayurvedic Massage

60 Minutes

€65

This ayurvedic massage uses a blend of herbal infused oils and warmth. Combining gentle rhythmic strokes and a variety of techniques to include vital energy points which stimulate and enhance skin tone, detoxify, and revitalise your entire body so to induce deep relaxation.

Energising Vishesh Ayurvedic Massage

60 Minutes

€75

Vishesh is an energising ayurvedic massage that uses a combination of aromatic herbal oils and medicinal powders, with deeper strokes to clear and detoxify channels of circulation, producing an all-round invigorating deep-tissue and tension relieving massage.

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.

Holistic/Swedish Massage

€60

60 minutes

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.

Deep Tissue Massage

€60

45 minutes

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.

Facial Massage

€45

30 minutes

This beautiful facial massage uses pressure points on the face and neck to stimulate and release blockages in the flow of qi, or vital energy. A facial massage is a great way to help relieve tension, promote relaxation and restore energy to your face by increasing circulation.

Head, Neck & Shoulder Massage

€55

45 minutes

This deeply relaxing upper body massage is specifically designed to fight the signs of stress and uses effective relaxation techniques and soothing essential oils to offer effective stress relief.

Using a firm, slow and reassuring sequence of massage strokes you will quickly feel deeply relaxed, safe and comforted.

Pre-Wedding Day Treatment

€60

60 minutes

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

Pregnancy Massage

€70

60 minutes

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.

Leg and Foot Rejuvenation

€75

60 minutes

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.



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.
Bookings: Call (023) 8848722 or email info@celticross.com

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