

# PARK THERAPIES

<b>Deep Tissue/Sports Massage</b> 50 mins	€65
Effective deep tissue massage to ease muscle tension for specific areas of the body after sports and for overworked muscles.	
<b>Holistic/Swedish Massage</b> 60 mins	€65
Full body stress relieving full body massage using relaxing oils.	
<b>Head, Neck and Shoulders Massage</b> 30 mins	€40
Relaxing, deep massage to ease tension and stress.	
<b>Pregnancy Massage</b> 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.	
<b>Reflexology</b> 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.	
<b>Manicure</b> 30 mins	€30
Manicure with exfoliation, hand massage, cut, file & cuticle care with regular polish.	
<b>Pedicure and Foot Massage</b> 60 mins	€40
Pediicure with exfoliation, foot massage, cut, file & cuticle care with regular polish.	
<b>Rejuvenating Facial</b> 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 - Saturday.  
24 hrs Cancellation Notice is Required.



**CLONAKILTY  
PARKHOTEL**