

# 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>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>Pedicure and Foot Massage</b> 60 mins	€40
Pedicure (using electronic device) with exfoliation, foot massage, cut, file & cuticle care with regular polish.	
<b>Luxury Pedicure</b> 1 hour 10 mins	€55
Includes nail, cuticle & heel care using an electronic device and exfoliation, hydrating foot mask & relaxing foot massage.	
<b>Body Scrub</b> 30 mins	€25
Luxurious pomegranate & grape seed oil sugar scrub for all over body exfoliation to reveal glowing soft skin.	
<b>Eve Taylor Vitamin C Brightening Facial</b> 1 hour	€65
Illuminate & brighten dull or pigmented skin for a flawless, radiant Summer glow using the award winning Eve Taylor products and jade roller massage.	
<b>Eve Taylor Quenching Oxygen Facial</b> 1 hour	€65
Hydrating & rejuvenating facial rich in antioxidants to nourish aging & sensitive skin, smoothing fine lines and finishing with jade roller massage.	
<b>Eve Taylor Flash Facial</b> 30 mins	€40
Choice of vitamin C or oxygen facial.	

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

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

24 hrs Cancellation Notice is Required.

**15% Discount** for Leisure Centre Members



**CLONAKILTY  
PARKHOTEL**