

LOMI LOMI MASSAGE

Originating in Polynesia, Lomi Lomi massage is a complete healing system aimed at restoring balance and harmony within the body, mind and spirit. Also known as Kahuna Massage or Aloha Massage this form of massage uses intuitive movement, breathing, rhythm and focused intention. Lomi Lomi massage has a depth to it as it focuses in on an energy level, bringing awareness and healing to all parts of the self, not just the physical. Stress, worries, sadness - all can be worked on.

Lomi Lomi - 60min	€60
Aroma Lomi - 60min	€70
Hot Stone Lomi - 60min	€70



TO BOOK AN APPOINTMENT,
CONTACT THE LEISURE
CENTRE RECEPTION.

24-hours advance notice is required when cancelling a massage appointment. Out of consideration to your therapist and other customers, please be on time for your appointment.

**Oranmore Lodge
Leisure Centre**
Galway

091 794400 (ext. 2)
Email: leisure@oranmorelodge.ie
www.oranmorelodge.ie

MASSAGE THERAPY SERVICE
AT
THE ORANMORE LODGE
LEISURE CENTRE

Services
provided by



MASSAGE THERAPY SERVICE

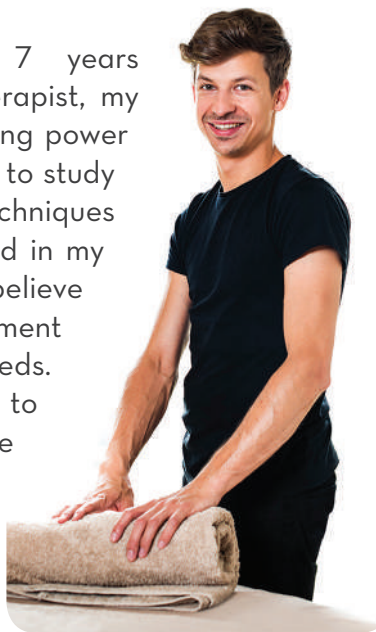
Massage therapy is manual manipulation of muscles, connective tissue, tendons and ligaments to enhance a person's health and well-being.

Massage has many benefits which includes:

- removing muscle tension
- detoxification
- improving immunity
- stimulating the circulation system

ABOUT ME

With more than 7 years experience as a therapist, my passion for the healing power of body work led me to study a wide range of techniques that are incorporated in my therapy sessions. I believe in tailoring my treatment to an individual's needs. I look forward to welcoming you in the hotel and make it my mission to leave you feeling rejuvenated and refreshed.



ITEC, CIBTAC and FETAC certified in Nutrition, Reflexology, Swedish Massage, Holistic Massage, Hot Stone Massage, Hawaiian Lomi Lomi, Sports Massage and Pregnancy Massage.

HOLISTIC MASSAGE

Holistic massage therapy is one of the oldest methods of healthcare still in practice today. It involves the use of different manipulative techniques to move the body's muscles and soft tissue. Massage therapy aims to improve blood circulation, increasing the flow of nutrients and eliminating waste products.

SPORTS MASSAGE

A contemporary Western massage which addresses the specific needs of athletes. It is used to help prevent injuries, to prepare the body for athletic activity and maintain it in optimal condition, and to help athletes recover from workouts and injuries.

Full body Massage - 60min	€60
Back, Neck and Shoulders - 45min	€45
Hot Stone Massage - 60min	€70
Sport Massage - 45min	€50



REFLEXOLOGY

Incorporating an unbeatable combination of luxury, pampering and health benefits, reflexology is a special treatment not to be missed! Originating in such places as China, Japan, Egypt and Russia, reflexology has a rich tradition in many culture. The foot is literally a mini-map of the body, split into ten sections, termed meridians or zones, whereby working within one area will have a positive effect on all the other parts.

Reflexology - 60min	€50
Rejuvenating Foot Massage - 30min	€30
Aroma Reflexology - 60min	€60

