

About Annmarie...



Annmarie's passion lies in empowering people to discover that natural wellness can be easy and effective.

That wellness is achievable. In body mind and spirit.

She helps her clients navigate their way through their healing journeys.

Annmarie suffered for many years with poor physical and emotional health.

It took her many years to find her own path to healing.

She chose to use her experience to help others on the same journey.

Annmarie specializes in Deep tissue style massage but with a very holistic approach.



BOOKINGS

087 976 4479

annmariemassagetherapist@gmail.com

Treatments



Sports Massage Therapy involves the manipulation of soft tissue for the treatment and prevention muscle injury. It uses a full range of techniques to relieve pain, stretch muscle fibers, break down tension and restore normal movements to muscles and joints.

💧 90 Min - €85 💧 60 Min - €75 💧 45 Min - €65

Aromatouch Massage improves well-being by reducing physical and emotional stressors and by supporting healthy autonomic function. The technique is simple and intuitive and uses dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils for an unparalleled grounding experience.

💧 45 Minutes - €65

Bio-Energy Therapy is an amazing healing technique used to balance the flow of life force energy around and through the human body. Physical or emotional stress, trauma, our environment, and even our thoughts, can disrupt our energy flow and prevent our immune system from working efficiently, leading to disease and ill-health. Bio-energy Therapy balances the energy flow, reactivating the body's natural healing system.

💧 One Session (60 Min) - €65

💧 Course of 4 Sessions - €200
(Recommended for new clients)

Indian Head Massage is a wonderfully relaxing therapy that involves massage of the soft tissues in the upper back shoulders arms neck scalp and face. It uses a range of different massage pressures and rhythms to stimulate these areas and help balance natural energies and clear any localised areas of negativity. Indian Head Massage is not just physical; it works on an emotional level also calming the spirit promoting relaxation and relieving stress.

💧 50 Minutes - €75

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