



Oranmore Lodge Hotel

LEISURE CLUB

Holistic Massage-Full body

A holistic full body massage is a massaging treatment that focuses on tense and stressed-out muscles but also helps impact a client's emotional well-being. The aim is to target the areas of your body that may be tight or sore.

45 minutes €65

60 minutes €75

Sports/Deep Tissue Massage

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

45 minutes €65

60 minutes €75

Back/Neck and Shoulder Massage

This type of massage treatment allows muscle recovery, reduces stress, promotes circulation, helps to manage aches and pains, and promotes muscle relaxation.

45 minutes €65

Indian Head Massage

A wonderfully relaxing therapy that involves massage of soft tissue in the upper back, shoulders, arms, scalp and face. It uses a range of different massage pressures and rhythms to stimulate these areas. 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

Aromatouch Technique

Improves well being by reducing physical and emotional stressors and by supporting healthy autonomic function. The technique is simple and intuitive and uses essential oils for an unapparelled grounding experience.

45 minutes €65

Please note:

Male & Female therapists are available depending on availability



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Sports Injury Consultation

60 minutes €75

Sports Injury Consultation & Sports Massage Facials/ Make Up/ Beauty

90 minutes €100

Skin Treatments

Bespoke Facial

A relaxing facial with a face and neck massage. Includes a deep cleanse, exfoliation, mask and active serums. Maria will customise a Bespoke Facial to suit your skin.

60 minutes €65

Beauty Treatments

Gelish 2 week manicure €40

Make-up application €40

Make-up application with lashes €45

Bespoke Medi Facial

A results-based facial to target skin concerns such as acne, breakouts, ageing skin or dull skin. Book a Bespoke Facial and Maria will customise one to suit your concerns.

45 minutes €80

Please call 091 794400 ext2
or email leisure@oranmorelodge.ie
to make your booking.



whatsapp
089 275 3151

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Please note all therapies are dependent on therapist availability. Card details will be secured at time of booking but will not be charged until after the treatment or treatments can be paid in person by any method.

Cancellation policy:

If booking is cancelled 24 hours before treatment time there is no charge.

If booking cancelled after 24 hours up to 4 hours before a 50% charge applies.

If booking cancelled after 4 hours before treatment time full charge applies.