

BIEN ÊTRE

BY HEARTWORK THERAPIES

Switch Off

Full Body Aromatherapy Massage

Completely relaxing, slow and rhythmical massage, with hand blended aromatherapy oils designed to calm anxiety, release frustration and soothe a busy mind. A treatment to support low immune systems, ease emotional tension and boost sluggish energy.

75 mins/80 euro - 90 mins/95 euro - 120 mins/125 euro

Deep Reset

Deep Tissue/Sports/Remedial Massage

Using strong energising strokes, this treatment will release even the tightest knots, while it relieves stiff, overworked and weary bodies. With an option of full body or a focus on certain areas, a blend of deep tissue and sports techniques will assist in recovery of injury and address pain for a relaxed, re-energised body and calm spirits.

75 mins/80 euro - 90 mins/95 euro - 120 mins/125 euro

Nurture

Pregnancy Massage

This spirit-lifting treatment focuses on areas of your choosing; nourishing the skin with rich oils to assist in prevention of stretch marks, releasing tension from the joints and muscles, rebalancing the nervous system, reducing swelling and encouraging hormonal equilibrium.

Perfect for expectant mothers in their second and third trimester.

90 mins/95 euro - 120 mins/125 euro

Tune In

Biodynamic Craniosacral Therapy

A gentle, hands-on technique using a nurturing touch to examine membranes, fascia, bones and movement of the fluids in and around the central nervous system - encouraging your body out of the sympathetic stress state and into the parasympathetic healing state. A treatment to assist with mental and physical tension + stress, low vitality, long covid, injury, post-operation recovery, trauma-release, chronic pain, anxiety, depression and recurring symptoms.

60 mins + consultation/75 euro - 90 mins combined with massage or facial/95 euro

Face the Day

Bespoke Facial Therapy with Warmed Jade Stones and LED Light Treatment

Combining a deep cleanse, exfoliation, lymphatic drainage techniques, stimulating acupressure points, jade Gua Sha massage, radio-frequency plumping and LED light treatment with an infusion of vitamin-rich antioxidants - this high-performance, bespoke facial treatment is ideal for anyone wanting to give their complexion a brightening boost, visibly improving the appearance and texture of the skin.

75 mins/80 euro - 90 mins/95 euro

Be Grounded

Hand, Head and Foot Massage with Reflex Points and Bespoke Energy Work

A deeply relaxing treatment - stimulating reflex zones and acupressure points on the feet, hands and head to address emotional stagnation, eliminate physical toxins, while rebalancing the nervous system and energetic harmony of the whole body.

75 mins/80 euro - 90 mins/95 euro



Complete Calm

Relaxing Back Massage and Nourishing Facial Ritual

A remedial and bespoke back massage promoting release of tension, deep relaxation and an increase of circulation and lymphatic function. We will then use concentrated elixirs to restore, rejuvenate and repair the facial skin. A truly personalised treatment, leaving you feeling lighter with beautifully cleansed, nourished and glowing skin.

90 mins/95 euro - 120 mins/125 euro

Rebalance

Hatha Yoga and Meditation Session

A physical yet mindful practice for strengthened bodies and restful minds, involving a series of postures designed to open the body's channels - increasing flexibility, supporting balance and promoting the free flow of energy. Meditation ends the session - we focus on breath, calm our thinking and take time to just be: interlinking practices that help alleviate stress and encourage joy.

60 mins/70 euros - maximum 8 attendees

Pedro and Sophie bring 25 years of shared experience to their clients. Specialising in stress and trauma resolution and relieving chronic or longstanding pain, Pedro and Sophie's desire is to support you to feel empowered about your healing journey. Working with sensitivity, mind-body integration and nurturing touch, the treatment intention is above all else, to assist in a rediscovery of how health feels.



We bring everything needed for a complete spa experience.

We bespoke each treatment session to your specific needs with the therapies we offer.

Before your first session we will go through a full health consultation to understand your needs, so we can bespoke your treatment and work together towards your goals.

Booking is advised ahead of time to avoid disappointment.

TO MAKE A BOOKING - CONTACT HEARTWORK THERAPIES

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Group Booking Offers:

For 3 bookings we can offer 5 euros discount per treatment, For 4 bookings we can offer 10 euros discount per treatment, For 5 bookings or more we can offer 15 euros discount per treatment.

