



Aisling Therapies

Aisling Mullins ITEC Dip ARCHTI
HOLISTIC HEALTH PRACTITIONER

***Holistic Therapies are the key to
restoring health and well being.***



For Appointment Call Aisling • 086 1578451

Gift Vouchers Available

PLANET HEALTH • OLD MALLOW ROAD • CORK

www.aislingtherapies.com

Aisling Therapies

PRICELIST

Aromatherapy Back Massage	€40
Aromatherapy Full Body Massage	€60
<i>(with Essential Oils)</i>	
Hot Stone Back Massage	€40
Hot Stone Full Body Massage	€65
<i>(with Hot Basalt Stones)</i>	
Holistic Back Massage	€30
Holistic Full Body Massage	€50
<i>(gentle massage to relax and unwind)</i>	
Lymphatic Drainage Massage	€50
<i>(a slow gentle massage to remove fluid retention, relieve stress, strengthen the immune system and ease sinuses)</i>	
Deep Tissue Back Massage	€40
Deep Tissue Leg Massage	€40
Indian Head Massage (35 mins)	€35
Indian Head Massage (60 mins)	€50
Reflexology	€50
Reiki	€50
<i>(A healing technique which helps to restore physical and emotional well being)</i>	
Pregnancy Massage	€50
Pregnancy Reflexology	€50
Organic Holistic Facial	
<i>(with Neal's Yard organic skin care)</i>	
Holistic Facial (30 mins)	€30
Holistic Facial (60 mins)	€50
<i>(includes foot massage)</i>	
Cooling Peppermint Foot Massage	€20
Rose Oil Facial Massage	€20

90 minute treatments and packages
are also available and can be tailored
to your individual needs

When making your appointment please advise us of any health concerns that you may have.