

# TREATMENTS AT TRUSTGAIA RETREATS

Aromatherapy Massage (55mins)	€55
Hot Stone (55mins/90mins)	€55/€70
Osteopathy (approx 40mins)	€55
Cranial Osteopathy (approx 40mins)	€55
Deep Tissue Massage (45mins)	€55
Foot Massage (by the pool) (30mins)	€25
Foot & Hand Massage (by the pool) (40mins)	€35
Hands & Arms (by the pool) (30mins)	€25
Holistic Aromatic Facial (55mins)	€55
Indian Head Massage (30mins)	€40
Indian Head and Back Massage (55mins)	€55
Reflexology (55mins)	€50
Reiki (45mins/90mins)	€40/70
Reiki and Reflexology Mix (55mins)	€50
Reiki/Reflexology/Massage Special Combi (90mins/2hrs)	€75/90
Relaxing Neck, Shoulders, and Face massage (40mins)	€35
Shendau Acupressure Shoulder, and Neck Release (30mins)	€35
Shoulder and Back Massage (30mins)	€40
Swedish Massage (55mins)	€55
Thai Massage (futon on the floor) (90 mins)	€75
Thai Massage (seated) (55 mins)	€55
Classic Massage by Lona (60 mins)	€15
Aroma therapy massage (45 min)	€40
Channeling/spiritual intuitive guidance (60-80 min)	€70

**PACKAGE OPTION-** This must be booked for before arrival  
Choose one from each section.

- a) Osteopathy + Cranial Osteopathy + Aromatherapy Massage + Swedish Massage + Facial
- b) Deep Tissue Massage + Therapeutic Massage + Holistic Aromatic Facial + Swedish Massage
- c) 30 min back and shoulder massage + feet and hand massage
- d) 30 min Indian Head Massage + Foot massage + hand massage

The Packages costs €160 each, there should be a saving of approximately €30 off the normal (booked separately) price, this saving varies depending upon the chosen treatments.