Rosapenna Hotel Treatment Menu.

Back, Neck & Shoulder Massage

Treatment time: 30 mins …… €70

De-Luxe Back, Neck & Shoulder Massage

A back massage, followed by - either more detailed work on the neck, and a head massage - or work down the arms and hands. Recommended for relaxation, and for relief of neck and shoulder tension.

Treatment time: 45 mins …… €90

Full Body Massage

You can choose from having this treatment to prepare the body before exercise - with massage and some gentle stretching to boost muscle performance, or post work-out to ease tired muscles, relax and re-energise.

Treatment time: 75 mins …… €135

Reflexology

Reflexology is an ancient healing art that works on the principle that there are reflexes in the feet that correspond to every part of the body. Working on these reflexes brings about a stimulation of the healing forces latent within the body and promotes deep relaxation.

Treatment time: 45 mins …… €90

Back to Front Relaxation

This is a back massage followed by a head massage and a mini facial [cleanse, tone, massage and moisturise]. Enjoy the detailed attention given to those areas that very often need it the most.

Treatment time: 60 mins …… €115

Top to Toe Relaxation

A mini facial [cleanse, tone, massage and moisturise] followed by massage of head, hands and feet.

Treatment time: 60 mins €115

Clean -Zing Time

Skin brushing, followed by exfoliation to remove dead skin cells and leave you feeling 'zingy' clean. After this a luscious Whipped body Souffle will be applied with massage to leave your skin beautifully soft and hydrated.

Back only 30mins €70
Full body ..... 60 mins €115

Hawaiian Massage – 'Lomi Lomi'

Lomi Lomi is a unique, flowing, deeply relaxing body massage. Hands and forearms are used in long fluid strokes of varying intensity and rhythm. The joints are also gently stretched as the Hawaiians believe these can be the site of energy blockages. You will need to remove all your clothes for the massage,
but a cotton sheet remains covering the genitals throughout.

Back of the body 1 hour …… €115
Full Body Lomi Lomi 1½ hours …… €160

Please book your appointment through reception.