



FARNHAM ESTATE SPA



espa mindful massage

AVAILABLE THIS OCTOBER

Unwind a busy mind, escape the pace of everyday life and emerge feeling focused, with a sense of renewed positivity. This holistic, deeply relaxing and clarifying experience begins with mindfulness. Guiding you through breathing and visualisation techniques, your therapist will help calm both mind and body. The metamorphic zones on the feet are then massaged to rebalance and ground, before a soothing massage is continued up through the body, finishing with a re-energising scalp massage using warm Rose Quartz Crystals. Includes breathing and visualisation techniques, massage on the metamorphic zones of the feet, full body massage, scalp massage with warm rose quartz crystals

ONLY €109 PER PERSON MONDAY TO FRIDAY

Offer includes 3 hours in our Water Mint Thermal Suite, Relaxation Rooms, Indoor/Outdoor Infinity Pool & Gym. A two course light lunch is included with your treatments or upgrade to Afternoon Tea for an additional €5 p.p.

CALL 049 4377700 TO BOOK OR EMAIL INFO@FARNHAMESTATE.IE

Valid until 31/10/17. Terms, conditions & cancellation charges apply.