

Therapies	Treatment No.	Duration	Price
<b>Physical Therapy</b>	1 <sup>st</sup> Treatment	70 mins	€ 65.00
	2 <sup>nd</sup> Treatment	60 mins	€ 60.00
<b>Pregnancy Massage</b>	1 <sup>st</sup> Treatment	90 mins	€ 90.00
	2 <sup>nd</sup> Treatment	70 mins	€ 70.00
<b>Pregnancy Massage for Specific Conditions*</b>	1 <sup>st</sup> Treatment	90 mins	€ 90.00
	2 <sup>nd</sup> Treatment	70 mins	€ 70.00
	* Nausea * Sciatica	* Leg cramps * Oedema	* Constipation * Shortness of Breath
<b>Deep Tissue &amp; Trigger Point Massage</b>	1 <sup>st</sup> Treatment	70 mins	€ 75.00
	2 <sup>nd</sup> Treatment	60 mins	€ 70.00
<b>Sports Massage</b>	1 <sup>st</sup> Treatment	70 mins	€ 75.00
	2 <sup>nd</sup> Treatment	60 mins	€ 70.00
<b>Hot Lava Shell Massage</b>	1 <sup>st</sup> Treatment	70 mins	€ 75.00
	2 <sup>nd</sup> Treatment	60 mins	€ 70.00
<b>Hot Bamboo Massage</b>	1 <sup>st</sup> Treatment	70 mins	€ 75.00
	2 <sup>nd</sup> Treatment	60 mins	€ 70.00
<b>Thai Herbal Compress Massage</b>	Full Body	70 mins	€ 80.00
	Back & Shoulders Ideal for Office Workers, Drivers	60 mins	€ 65.00
	Legs & Feet Ideal for Runners, Cyclists, Weekend Warriors	60 mins	€ 65.00
	Lower Legs & Feet Ideal for Nurses, Teachers, Retail Workers	45 mins	€ 50.00
<b>Tailored Massage for People with Disabilities</b>	Each treatment is tailored to the individual client, so appointment duration will vary. Please contact Sarah (087 719 2619 / <a href="mailto:info@sarahmcdermott.ie">info@sarahmcdermott.ie</a> ) for further information and to make a booking.		
<b>Elderly Massage</b>	Each treatment is tailored to the individual client, so appointment duration will vary. Please contact Sarah (087 719 2619 / <a href="mailto:info@sarahmcdermott.ie">info@sarahmcdermott.ie</a> ) for further information and to make a booking.		
<b>Massage for People Living with Cancer</b>	Each treatment is tailored to the individual client, so appointment duration will vary. Please contact Sarah (087 719 2619 / <a href="mailto:info@sarahmcdermott.ie">info@sarahmcdermott.ie</a> ) for further information and to make a booking.		