

## GENERAL PRICE LIST

From 01 January 2026

### PRIVATE APPOINTMENTS

A 60 min session is tailored to your individual needs with usually around 45-50 mins of hands-on treatment time.

Available for Therapeutic Massage, Deep Tissue Massage, Sports & Remedial Massage, Neuromuscular Therapy.

**Health screen and consultation** Inclusive of first appointment.

**60 minutes** €70

**30 minutes - existing clients only** €40

Preferential rates I am attentive to your personal circumstance. Please ask.

### HEALTH INSURANCE

Approved by **Irish Life Health** and **Laya Healthcare**. See your policy document for details of cover.

### GIFT VOUCHERS

Gift Vouchers are valid 5 years and are transferable with consent. May not be exchanged for cash, partial or full.

### CANCELLATIONS/NO SHOWS

Full fee applies for cancellations made within 24 hours, and to appointments missed with little or no notice.