



# Body & Soul Therapy

## Body & Soul Spa Packages

*(Please note we can tailor packages for you or a group booking)  
Half day ritual-that includes use of our 20m swimming pool,  
steam room, sauna and jacuzzi in the leisure area.*

*(Please remember to bring swim hat & towel)*

### *Mum To Be Package*

*Mum To Be Back Massage | Mini Facial | Lymphatic Foot Massage  
(must be over first trimester) **NOW €60.00** Normally €110.00*

### *Stress Buster Package*

*Mini Facial | Swedish Back Massage  
**NOW €50.00** Normally €80.00*

### *Total Time Out Package*

*Body & Soul Signature Back, Scalp,  
Neck & Shoulder Massage | Reflexology | Mini Facial  
**NOW €100.00** Normally €155*

### *De-Stress Me Package*

*Indian Head Massage | Reflexology  
**NOW €70.00** Normally €95.00*

### *Pamper Package*

*Back Massage | Head Neck & Shoulder Massage  
**NOW €60.00** Normally €90.00*

*Booking – Must be made well in advance please*

**Tel: 057 8695 933**

Email to book or inquire: [info@bodyandsoultherapy.ie](mailto:info@bodyandsoultherapy.ie)

**[www.bodyandsoultherapy.ie](http://www.bodyandsoultherapy.ie)**

Maldron Hotel, Abbeyleix Road,  
Portlaoise, Co. Laois

**Please Check Phone Numbers, Address, Spellings, etc.**

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