

Massage Therapist practicing in Swedish, Orthopaedic and Sports Massage, Injury Prevention & Rehabilitation.



When booking into the tranquillity of O'Connor's Guesthouse why not revive with one of these treatments, to revitalise body and soul.

10% Discount to those who book a treatment through their accommodation at O' Connor's Guesthouse.

Simply pay with your accommodation and the reduction shall be made.

Massage Therapies (all treatment times include consultation)

Swedish/Holistic Full Body Massage: A relaxing holistic massage aimed to relieve stress, muscle fatigue and to improve circulation. A medium pressure massage helping to revitalise your body. (Pressure is dependent on the person)

{60mins} €35

{75mins} €50

{90mins} €70



Deep Tissue Full Body Massage: A deep pressure massage used to stimulate the circulation and lymphatic systems which will aid in the elimination of toxins and stress built up in the body. You can use this time to target specific areas on the body. Ideal for runners, athletes and for those who prefer a stronger massage.

{60mins} €35

{75mins} €50

Weary Walkers Rejuvenation: A revitalising leg and foot massage alleviating leg pain, cramps and weary limbs, it is also great for circulation.

{30mins} €25

{60mins} €40

Sports Massage & Therapy Treatment {60mins} €35

Used to treat pain resulting from an injury. An assessment is made prior to treatment to assess the level of pain and limited range of motion. This treatment consists of deep tissue massage, exercise therapy, joint manipulation and rehabilitation.



Hot Stone Full Body {70mins} €50

Hot Stone Back {50mins} €40

Used to encourage natural healing of the body, hot basalt stones provide deep relaxation; melt away muscle tension and aches. The massage involves the use of hot basalt stones over the whole body combined with heated oil. The pressure will vary and both hot stones and massage techniques are used.

Indian Head Massage {40mins} €30 *A relaxing treatment involving the upper back, shoulders, arms, neck, scalp and face. Beneficial to relieve tension headaches and promotes relaxation.*

Foot Massage {50mins} €35 *Used to encourage relaxation of the feet, reduce fluid retention and encourage lymph drainage. Therapist uses different stroke techniques and pressures to aid circulation of the lower limbs.*

Orthopaedic Massage {60mins} € 40 *Using James Waslaski's Twelve Step Approach to Pain Management & Rehabilitation. Therapist assesses range of motion at the pelvis before treatment.*



Jackie has an Honour Degree in Sports Science specialising in Massage Therapy and a member of the Irish Massage Therapists Association (IMTA). Clients can claim part refunds on treatments if they are members of Aviva, GloHealth, Laya or VHI depending on the policy held with the insurance company.

Phone Jackie on: 087 7911224

FB: www.facebook.com/goldcoastmassageandfitness