



BLISS BODY & SOUL THERAPY

*Transform your physical
and spiritual health*

My name is Iwona. I'm a massage therapist located in Club Vitae Leisure Centre, Hotel Killarney, Cork Road, Killarney, Co. Kerry.



My qualifications include Hawaiian Lomi Lomi Massage, Hawaiian Hot Stone Massage, Back, Neck & Shoulders Massage, Cupping Therapy, Head Massage, Facial Massage, Skeletal Massage / Bone Washing, Kahii Loa and Reiki.

In 2016 I received a Lomi Lomi massage treatment for the first time and I knew then that it was something I would love to practice myself. Two months later I attended

Practitioner training in Hawaiian Bodywork level 1 & 2, and I completed it with level 3 in 2018 and Advanced Level 4 in 2020 under Louise Kleu McEvoy, the owner of School of Hawaiian Healing Arts

I have also completed Cupping Therapy, Integrated Energy Therapy and Reiki.

I have a strong passion for wellbeing and also how the mind and body work together. I work intuitively to soothe aches and areas of stress and tension in the body. I help my clients to remove the energy blockages in all areas of their mental, emotional, physical and spiritual selves

  Bliss Body & Soul Therapy



T: 087 6628206

✧ LOMI LOMI MASSAGE

Hawaiian healing bodywork. Ideal for those who are under stress, tension or pain, as it makes positive changes on all levels: physical, mental, emotional and spiritual. It uses long, flowing strokes all around the body with forearms, hands and elbows. Includes also elements of prayer, breathing and dance to restore energy and soothe the body.

• 60min - €65 | 80min - €80

✧ HAWAIIAN HOT STONE MASSAGE

An ancient art, and possibly the ultimate in relaxation massage. The combination of Hot Stones and Hawaiian Lomi Lomi massage helps create a state of deep relaxation, mental and emotional harmony. Health benefits: Improves the circulation, calms the nervous system, helps with stress, anxiety, depression, tension, arthritic pain and insomnia.

• 45min - €50 | 60min - €65 | 80min - €80

✧ CUPPING THERAPY

It is an ancient form of alternative medicine in which a therapist puts special cups on a client's skin for a few minutes to create suction. It helps with pain, inflammation, blood flow, detoxing, asthma, immunity, relaxation and well-being, and it is a type of deep-tissue massage. Rubber cupping technique moves from place to place on the skin for a massage-like effect.

• 45min - €50 | 60min - €65 | 80min - €80

✧ BACK, NECK & SHOULDERS MASSAGE

This treatment concentrates on the upper body where aches, pains, discomfort or tension accumulates, caused by postural problems, stress or physical work. Loosens the muscles, gets rid of stiffness and promotes deep relaxation.

• 45min - €50 | 60min - €65

✧ HEAD MASSAGE

Relaxing and rejuvenating massage of upper arms, shoulders, upper back, neck, head and face. This massage may help relieve stress and reduce tension. It may also ease migraine or headache pain, lower blood pressure, improve circulation to your head and neck, and promote hair growth.

• 45min - €50

✧ FACIAL MASSAGE

Helps promote healthy skin, oxygen and blood flow, and increases collagen production to prevent wrinkles, while relaxing the facial muscles. Following a soothing facial cleanse with organic micellar water, your therapist will massage the head, neck and face using anti aging and hydrating oils.

• 30min - €45

FULLY CLOTHED TREATMENTS

✧ SKELETAL MASSAGE / BONE WASHING

This is done while lying on a massage table, fully clothed. Using traction and small massage movements as well as passive stretching, the body is released of its tension. Releasing the bones has a domino effect, relieving the joints and muscles and giving one the feeling of being taller and lighter.

• 60min - €60 | 90min - €75

✧ KAHILOA

Traditional Hawaiian energy healing, its purpose to promote the free abundant flow of MANA—life force in the recipient. It is a very way to bring about deep relaxation and assist the body's own natural ability to heal, by using gentle touch on the skin, through the clothing.

• 60min - €50

✧ REIKI

Reiki is an energy hands on healing technique that promotes relaxation. It helps restore balance and harmony to the mind, body and spirit. Reiki is used throughout the world by people of all creeds and belief systems. Reiki can benefit everyone.

• 60min - €50

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✧ BOOKINGS BY APPOINTMENT ONLY

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