

# Massage

at

## The Firkin Crane

THE FIRKIN CRANE, SHANDON, CORK

# 10% off\*

## your next massage with this flyer!

Simply make your appointment today, print out this flyer and bring it along with you.

\* Not available in conjunction with any other offer or discount scheme

**Therapeutic Massage** benefits most people; from general relaxation, to restoring muscle tone, improving function and circulation, relieving stress & tension or symptoms, and can be preventative as part of a treatment plan. Some minor injuries can also benefit from this form of treatment.

**Warmed Towels • Heated Massage Couch •  
Soothing Background Music • Privacy Screen**

**Treatments:** 1 hour sessions tailored to a person's needs.

**Rates:** 1 hour session €50 - **and with this 10% flyer, €45.**

**Hours:** Mon-Fri 10am to 7pm including lunchtimes.

Home or site visits available, daytime and evenings.

**Staś Bernasiński** graduated with distinction from the Natural Healing Centre with a practitioner's diploma in Therapeutic Massage, and is a registered member of the Irish Massage Therapists Association.



**Appointments: Call Staś on 086 060 6376**