



# Eminence Organic Skincare

Since its inception in 1958, Eminence Organic Skincare has been using sustainable farming and green practices to create natural, Organic Skincare products. The products are free of parabens, animal by-products, harmful colourants and other harsh cosmetic chemicals. Eminence uses hand-picked and hand-mixed fresh ingredients to create products that contain potent healing and beautifying properties.



The products are made without any severe heating or hydrogenating processes that can affect the nutritional content and potency of natural ingredients. Vitamins are captured in their all-natural fresh base, offering dramatic results as actual seeds, pulps and peels impart regenerative and healing powers that only nature can produce.

## Eminence Organic Facial

Using the most powerful anti-aging technology in natural and organic skin care, the skin is thoroughly cleansed with antioxidant-rich fruit-based cleansers followed by a specifically chosen exfoliator to uncover soft, gorgeous looking skin. The face and neck are then treated with warm Hungarian herbal masques to plump and regenerate the skin. The hydration is completed with a nourishing moisturiser leaving your skin feeling firm, smooth and youthful. All Eminence Facials incorporate specific Hungarian massage techniques to enhance the lifting and toning effect, the result is an ageless, glowing complexion.



## Prices

Bio Energy Treatment programme (4 x 60min treatments)	€200
Shiatsu Facelift (4 x 60min treatments)	€200
Shiatsu Facelift Treatment (60mins)	€60
Full Body Massage (55mins)	€50
Back, Neck & Head Massage (55mins)	€50
Back, Neck & Shoulder Massage (25mins)	€30
Head, Neck & Shoulder Massage (25mins)	€30
Eminence Organic Facial (55mins)	€75



# Rose Dennigan

## HOLISTIC THERAPIES

### MASSAGE

### FACELIFT SHIATSU

### PLEXUS BIO ENERGY

### ÉMINENCE ORGANIC SKIN CARE

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## *Massage*

Massage is a form of tissue manipulation which has been developed over thousands of years. From ancient China to present day Europe it has been used for the promotion and restoration of health. Massage is the use of hands to manipulate the soft tissues of the body, particularly muscles. It can be used for relaxation, stimulation or rehabilitation of the whole body or part of it. It promotes suppleness of the muscles, improves circulation and reduces stress.

There are many benefits to having a massage. Two types of massage offered at Rose Dennigan Holistic Therapies are Relaxing Therapeutic Massage and Deep Tissue Massage. The treatments can be tailored to suit every client.

### **Relaxing Therapeutic Massage**

This massage helps to unwind and de-stress both mind and body. The pressure used is light to medium and will induce a state of pure relaxation.

### **Deep Tissue Massage**

Find relief from chronic pain, tension and tightness caused by injury or overused muscles. This therapeutic massage focuses on specific problem areas, with deep pressure applied during the massage. The pressure can be adjusted to accommodate the comfort level of the recipient.



## *Facelift Shiatsu*

Shiatsu is a method of bodywork formulated in Japan in the 20th century from a synthesis of Chinese massage called Anma and Western techniques of physical manipulation. As a complete system of healing through touch, it draws extensively on key aspects of Traditional Chinese Medicine. Shiatsu, literally meaning 'finger pressure', works by unblocking points in the body along a series of channels called meridians, restoring balance and allowing the body to heal itself.

Shiatsu Facelift is a facial treatment which draws upon the manipulation of the meridians of the face, combined with muscle and fascia release techniques and massage. It is a non-invasive, gentle treatment which improves the appearance of fine lines and wrinkles, helps with lymphatic drainage, invigorates the skin and tones the facial muscles. The result is firmer, younger looking skin, naturally.

This treatment has a very relaxing effect on the whole body, along with relaxing tense muscles of the face and neck, contact with the acupressure points on the face has a direct effect with its associated organ in the body and so it can be considered a whole body experience.

Although results can be seen and felt after just one treatment, for maximum benefit a course of 4 treatments is advised followed by one treatment every 4 – 6 weeks to maintain the effects. Each treatment lasts for one hour.



## *Bio Energy*

Bio Energy works by rebalancing the life-force energy within and around the human body. This life-force energy is normally in a state of continuous flow throughout the body and travels through a system of channels known as meridians. Due to its electrical nature, this energy also radiates beyond the surface of the skin, forming an electro-magnetic field which supports and maintains its vital function. If however, the flow of energy becomes blocked, imbalanced, stagnant or disturbed in any way, it automatically affects not just the physical body by disrupting its function and allowing disease to set in, but also the mental, spiritual and emotional aspects as well. Plexus Bio-Energy was developed in Ireland over twenty five years ago and represents the integration of a network of powerful and effective healing techniques that work by rebalancing the life-force energy within and around the human body.

The aim of the therapist is to locate and release energy disturbances using a series of unique hand movements to scan the energy field of the body. This enables the life energy to flow freely and through its own intelligence unlocks the healing ability within every cell of the body.

The treatment is carried out over 4 consecutive days for 45 to 60 minutes each day and takes place in a calm and relaxed environment with a background of specially chosen music to enhance the healing. During the treatment, feelings of heat, tingling, coolness or a pulling sensation can often be felt. These are simply the subjective aspects of the deep energy balancing and release that is taking place.

The first step in the body's healing process is to get the energy system balanced and flowing again. Throughout the four days of treatments, consideration is also given to diet and lifestyle and to any factors that may be causing imbalance. A personal health care programme is designed to enable the journey back to health.