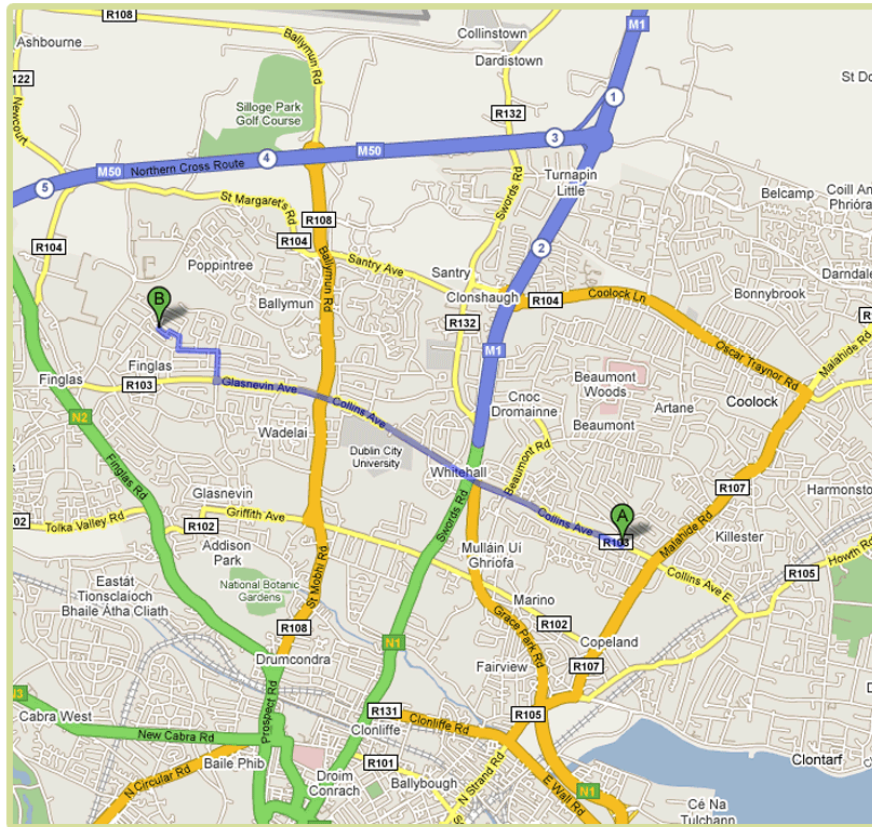


The Willows Clinic

38 Oakwood Avenue, Glasnevin, Dublin 11. Tel: 1800 848688



Driving directions to Oakwood Ave, Dublin

5.1 km – about 10 mins

1. Head northwest on Collins Ave/RI03 toward Collins Park **4.1 km**
Continue to follow R103
2. At the roundabout, take the 3rd exit onto Willow Park Rd **0.3 km**
3. Turn left at Willow Park Crescent **0.4 km**
4. Turn right at Cedarwood Rd **0.1 km**
5. Turn left at Cedarwood Ave **0.1 km**
6. Turn left toward Oakwood Ave **50 m**
7. Turn right at Oakwood Ave **0.1 km**



Now At:

The Willows Clinic

38 Oakwood Ave,
Glasnevin, Dublin 11

The Willows Clinic Treatments & Prices

September 2008

*With
Our Fully Qualified Practitioners*

*Irene Scarff
&
Andrew Smith*

*Formerly of Walmer Holistic Centre
Raheny*

Colonics

All the water in our colonics is ionised to increase oxygen content, thus enabling the speedy eradication of bacteria and parasites from the large intestine (Bowel). We also now include in our range of colonic enhancements Oxygen Therapy to reduce tiredness and increase well-being.

All herbs and implants e.g. acidophilus good bacteria used during treatments are free.

The equipment we use for our colonics is disposable; each client gets their own pack.

First colonic 90 minutes €110.00

Subsequent treatments 60 minutes €100.00

Colonic course of three €280.00

First appointment is 90 minutes to enable us to get a full diet, medical and lifestyle profile of each patient. Dietary and supplement advice is given and maintained throughout the course of the treatment. All three treatments must be booked on first appointment, to take advantage of the €50.00 saving.

Colonic and Aqua Detox €140.00

Complete treatments time is 90 minutes.
By placing your feet in warm salty ionised water the electronics are activated. This sends electronic signals through your body's lymphatic system, which stimulates the detox process. All you have to do is sit back and relax for 30 minutes, whilst the foot spa draws toxin out of your body.

Colonic and Lymphatic drainage massage €160.00

Complete treatment time 2 hrs
Lymphatic drainage massage is specific technique to speed up the body's natural lymphatic system, to aid in the drainage of fluid and toxins and so enhance your colonic treatment.

Colonic and Hydrotherm experience €150.00

Complete treatment time 105 minutes
Luxury massage carried out a warm hot mattress using the finest Indian Ayavidic oils.

Colonic and Harley Body Wrap €200.00

Complete treatment time 3 hrs.
Excellent detox wraps, which relax the body and start the detox process enhancing your colonic.

Colonic and Reflexology €140.00

Complete treatment time 105 minutes

The reflexes in the feet relate to every organ and every body part. By stimulating these reflexes properly can help many health problems. By stimulating the bowel reflex during this treatment you are aiding your colonic. It also has the added benefit of deep relaxation.

Live Blood & Dry Blood Microscopy

Microscopy offers a brief window into our inner world. Many strange phenomena occur within this internal ocean. It is an excellent Primary Screening / Bio-Feedback / Visual Education Tool.

Based upon your live and dry blood observations, your practitioner can recommend specific protocols to cleanse and rejuvenate your blood by altering the underlying biological terrain. This may include herbs and natural supplements and detoxification protocols as well as simple lifestyle and dietary suggestions.

Live Blood Microscopy

This is carried out by a certified practitioner. A single drop of blood is taken from your finger, and placed under a high powered electron microscope. In a matter of seconds you can see your cells live on a TV screen. This gives us the ability to see many things about your health.

Dry Blood Microscopy

6 to 8 small dots of blood are taken from a single drop of blood, which has been allowed to dry on your finger. This gives the practitioner a picture of the different layers within the blood to compare to the live blood findings.

The first session takes between 1 hr & 1 ½ hrs €100.00 (introductory price)

Subsequent session 6 to 8 weeks apart €70.00

Massage Therapies

Relaxation Massage (full body) €70.00

This massage soothes away tension and stress using smooth rhythmic strokes.

Remedial Massage €70.00

A deeper massage to help to relieve particular problem areas e.g. back pain. It is practiced for muscular-skeletal problems generally concerned with the rehabilitation of injuries.

Sports massage (full body) €70.00

Sports massage (legs) €50.00

This type of massage uses massage techniques to promote efficient healing of injuries caused by sporting or other activities to the body's soft tissue. It is generally used to maintain fitness, both pre and post event massage.

Aromatherapy Massage (back, neck & shoulders) €60.00

Aromatherapy Massage (full body) €80.00

Essential oils which are extracts from plants and herbs are used through massage to alleviate a wide variety of conditions. A specific blend of oils will be chosen which is specific to the client's individual needs. Especially effective for stress-related conditions.

Hydrotherm Massage (full body) €70.00

Hydrotherm Massage (back, neck & shoulders) €60.00

Hydrotherm massage (pregnancy) €80.00

This massage is carried out with the client lying on their back on a hot water mattress. The therapist works between the client and the mattress. This treatment is ideal for clients who can't lie on their front and is particularly useful for pregnant women who can be treated to full term.

Oriental Hot Stone Massage (full body 1 ½ hrs) €110.00

Oriental Hot Stone Massage (back, neck & shoulder) €70.00

As practiced in Hawaii, using stones that are hand picked from these volcanic islands for their heat retaining qualities. The stones, which were blessed before leaving the islands, are used to give a deeply relaxing massage.

Lymph Drainage Massage (1 ¼ hrs) €100.00

This is a slow rhythmic massage, which follows the path of the lymphatic system of the body. This helps to eliminate waste more efficiently, reduces swelling and helps to improve skin texture.

Tired legs Special Massage €60.00

This uses a Flowtron mechanical Lymphatic system. This device was first used to aid recovery from surgery, but was found to have a general beneficial effect with slimming effect on the legs. Finished with a massage using selected essential oils greatly relieves and revitalises tired legs.

Reflexology €60.00

Every organ of the body is reflected in the feet and hands. By working these reflex points it is possible to promote greater health and well-being.

Infertility Reflexology €70.00

Did you know that reflexology can be used help with infertility problems? By stimulating the parts of the feet relating to the reproductive organs, it can help couples who have been otherwise unable to conceive.

Specialised Pregnancy Massage €70.00

Our specialised pregnancy massage is designed to ease the tension and aches that occur during pregnancy. By relaxing the muscles and ligaments it calms and de-stresses the mother to be.

Reiki €60.00

This is an ancient method of channelling divine energy via the practitioner to the client. It is a gentle way to heal and remove blockages, promoting good health.

Harley Body Wrap

Harley Body Wrap €90.00

The Harley Body Wrap system has been established for 15 years and is in a class of its own. The system is based on 99.9% pure aloe vera with added vitamins, minerals and cologne. This wrap is primarily a detox wrap but has added the benefit of a massive inch loss of between 5 and 20 inches. A course of 3, 5 or 10 wraps is recommended, depending upon your goals.

Sports Injury Treatment

Sports Injury treatment and Management

€70.00

A sports injury is a common problem for all types of athletes. Sports medicine specialises in the treatment of injuries sustained by living an active lifestyle. A sports injury is a set back for any athlete, but with the right treatment & rehabilitation, you can be back in action as quickly as possible.

What Injuries Can Be Treated?

Injuries to the shoulder, elbow, wrist and hand e.g. frozen shoulder, tennis elbow. Injuries to the leg, knee, ankle and foot e.g. damaged cartilage. Back and neck injuries. Muscle strains and tears 1st, 2nd and 3rd degree.

REMEMBER:

Treating a sports injury in the first 48 hours can save 2 weeks on recovery time

What Methods Are Used?

Sports massage:

Uses specific massage techniques to promote efficient healing of injuries.

Ultrasound:

Sound waves passed through the injury site at either 1000000 or 3000000 times per second to promote healing.

Cold therapy:

The use of ice as a modality of treatment.

Heat therapy:

The use of various forms of heat to promote healing.

Exercise therapy:

Individually designed programmes to promote healing, strength and flexibility.

Mechanical therapy:

The use of weights and other devices to promote strength and flexibility during and after injury.

Important!!

All injuries should be treated with ice immediately after they occur but for no more than 10 minutes at a time. Heat should never be used in the first 48 hours as this can make swelling worse and more importantly increase internal bleeding if it is present.

Sports Injury Treatment (contd.)

Heat includes hot baths and showers. Ice must never be applied directly to the skin. It should always be wrapped in a clean tea towel or something similar, even if it is a packet of peas from the freezer as ice can burn the skin or cause the tissue to die if it is left in contact for too long.

Andrew Smith

Andrew is a fully qualified Football Association Therapist in Sports Injury treatment and management, and has worked at both professional and semi-professional levels with 4 years on the Physio team at Notts County F.C.

Readings

Readings

€70.00

Discover what your future may bring. A one to one session with our resident psychic.