



The Muscle Specialist

The Muscle Specialist, Arūnas Vladicka, is a qualified Neuromuscular Therapist, who graduated from Ireland's prestigious National Training Centre, Ireland's leading educator in Health, Fitness & Bodywork Therapy. Arūnas has integrated his Personal Training skills with his Neuromuscular Therapy skills to provide a wide variety of professional Sports Therapy services. Conveniently located in the D4 Berkeley Hotel, the services offered include:

- **Sports injury treatment, management and rehabilitation**
- **Postural Assessment and Correction**
- **Orthopedic Massage**
- **Personal Training**
- **Pre and Post Natal Training**
- **Relaxation Massage**

10% Discount offered to holders of the Watermarque Privilege Card

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