

Therapeutic & Deep Tissue Massage

Chinese Rose is specialised in Therapeutic and deep tissue massage. These type massages are remedial massages to help customers with problems like tennis elbow, frozen shoulder, sciatica pains etc.

We also perform relaxation massage, to relieve stress.

The massages will be performed by a certified Professional Massage Therapist.

Check our website www.chineserose.com.au for more information.



Relaxation & Therapeutic Massage

Headache & Stress Relief	30 min \$ 50
Insomnia	30 min \$ 50
Neck, Shoulder & Back	30 min \$ 50
Frozen (tight) Shoulder	30 min \$ 50
Back Pain Relief	30 min \$ 50
Legs Massage	30 min \$ 50
Tennis / Golf Elbow	30 min \$ 50
Slip Disk	30 min \$ 50
Wry Neck	40 min \$ 60
Pregnancy Massage	60 min \$ 80
Reflexology (including legs)	60 min \$ 80
Sciatica Massage	60 min \$ 80
Full body Massage	90 min \$120
Abdominal lymph node detox	30 min \$ 50
Cupping	+\$ 20

Gift vouchers available

Chinese Rose

Traditional Chinese Massage

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Chinese Rose

Relaxation
Therapeutic and
Deep Tissue
Massage



Traditional Chinese Massage

7 days per week
9:30 AM - 9:00 PM
(By appointment only)

Mob: 0488 202 166
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Chinese Traditional Massage

Chinese Massage is an ancient tradition, encompasses several related and overlapping treatment components.

Central to all components exists the idea that massage affects the physical body with the Qi body (network of energy) and the mental body (emotions, thoughts and spiritual senses). Chinese Massage primarily focuses on acupoints where Qi gathers and can be easily manipulated. Massage techniques are understood to activate and regulate Qi and blood as well as to promote relaxation which eases spasms, increases flexibility and straightens the joints.

Since pain is considered a lack of free flow of Qi and blood, Chinese Massage treatment creates movement and is therefore seen as a powerful treatment for pain relief.

We listen before we do.

We provide Massages with a personal touch. Our Therapist will discuss your personal situation and requirements with you during your first appointment and determine the best treatment plan for you. This can be from relaxation to deep tissue massage. Most massages will be oil based massages which means that you will need to uncover the treatment area.



What is Cupping?

Cupping Therapy is an ancient Chinese treatment for preventing and treating diseases. It uses a cup as a tool and expels the air inside the cup by burning or suction to form a negative pressure. Cupping can affect the body up to four inches into the tissues, causing the tissues to release toxins, activate the lymphatic system, clear colon blockages, activate and clear the veins, arteries and capillaries, activate the skin, clear stretch marks, and improve the appearance of varicose veins.



What is sciatica?

Sciatica is pain in the lower extremity resulting from irritation of the sciatic nerve. The pain of sciatica is typically felt from the low back (lumbar area) to behind the thigh and radiating down below the knee. The sciatic nerve is the largest nerve in the body and begins from nerve roots in the lumbar spinal cord in the low back and extends through the buttock area to send nerve endings down the lower limb. The pain of sciatica is sometimes referred to as sciatic nerve pain.

What is Remedial / Therapeutic Massage?

Therapeutic massage is for specific health problems and based on the treatment principles, specific techniques are combined to treat the presenting complaint and underlying pattern. Deep tissue massage is part of therapeutic massage, which will require the customer to uncover the affected area.

What is Deep Tissue Massage?

Deep tissue massage is designed to relieve severe tension in the muscle and the connective tissue or fascia. This type of massage focuses on the muscles located below the surface of the top muscles. Deep tissue massage is often recommended for individuals who experience consistent pain, are involved in heavy physical activity (such as athletes), and patients who have sustained physical injury. It is not uncommon for receivers of deep tissue massage to have their pain replaced with a new muscle ache for a day or two. Deep tissue work varies greatly.

What is Reflexology?

Reflexology is a form of massage in which pressure is applied to certain parts of the feet and hands in order to promote relaxation and healing elsewhere in the body. It is based on the belief that each part of the body is interconnected through the nervous system to the hands and feet. Stimulating specific reflex points in the feet can bring relieve to poorly functioning areas of the body.

