

Provided Services:

(Remedial therapy sessions claimable through major health funds)



Swedish massage is a type of massage to relax the entire body. This is performed by various techniques such as Effleurage or rubbing the muscles with long gliding strokes in the direction of blood returning to the heart, Petrissage, which incorporates kneading the muscles of the body to attain deeper massage penetration, Tapotement or Rhythmic Tapping, Frictions and vibrations.

Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension. **Price: \$85 / hour**



Remedial / Deep tissue massage therapy
Remedial / Deep tissue massage therapy is where a deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints). This includes Trigger point release, Myofascial release and stretching where required. **Price: \$85 / hour**



Trigger

Point

Therapy

Trigger point therapy is a bodywork technique that involves the applying of pressure to tender muscle tissue in order to relieve pain and dysfunction in other parts of the body. Trigger points are active centres of muscular hyperactivity, which often cross-over with acupuncture points. You will also find that your muscular "knots" are commonly trigger points. As a recipient you actively participate through deep breathing as well as identifying the exact location and intensity of the discomfort. The results and benefits of trigger point massage are releasing constricted areas in the muscles thus alleviating pain. You can experience a significant decrease in pain after just one treatment. **Price: \$85 / hour**



Myofascial

Release

Myofascial release is manual technique for stretching the fascia with the aim to balance the body. Fascia is located between the skin and the underlying structure of muscle and bone, it is a seamless web of connective tissue that covers and connects the muscles, organs, and skeletal structures in our body. Injuries, stress, trauma, and poor posture can cause restriction to fascia, and the goal of myofascial release is to release fascia restriction and restore its tissue. **Price: \$85 / hour**