

MASSAGE BY SONYA

Relax, Recover and Rejoice after a great massage!

Here at Massage By Sonya I offer many different styles of massage. My treatment techniques include Swedish, Sports, Neuromuscular Techniques, Deep Tissue, Trigger Point, Body Maintenance, and Injury Rehabilitation.

So whether you've just had a hard day at the office and need to unwind or you ran a marathon on the weekend and need some tight muscles worked loose again, a Massage By Sonya will help you feel better in no time.

Most clinics make you choose from a list of different massage techniques, at a variety of different prices. Here at Massage by Sonya, after consultation I will design a custom massage that is appropriate for you.

Charge is based on time rather than technique.

Many businesses will also charge additional for essential oils and scents; known as Aroma Therapy Massage. A variety of different scents are available for you to try and also unscented if you wish.

THERAPEUTIC MASSAGE

30 minutes: \$40
60 minutes: \$60
90 minutes: \$80
120 minutes: \$100

CUPPING THERAPY NOW AVAILABLE

Massage Cupping is an ancient art developed over time with the purpose of draining toxins. Cupping utilizes suction and negative pressure to drain excess fluids and toxins, loosen adhesions, lift connective tissue and bring blood flow to the skin and muscles.

To include cupping as a part of your treatment please add **\$10** to the price of your booking.

Give me a call today for an appointment!
0402 887 837

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