

About Us:

Our therapists provide a range of relaxation and therapeutic massage **solutions** to assist you **enhance connections** in your life.

We come to you at times that are **convenient** and suit your lifestyle. Whether it's at **work**, **after work at home** or a **special event**—

Enhance Connections takes the stress out, so you can create the solutions!



Imagine coming home to this tonight!

**YOUR TIME—YOUR PLACE
FLEXIBLE—CONVENIENT**



Join Us!

Why not join our *Membership Program* and receive discounts and access to periodic promotions.

Gift Vouchers are also available.

—visit our website for pricing details and to book.

Download your **Free Guidebook** to create your own relaxation space at home!

Book online anytime

www.enhanceconnections.com.au

ENHANCE CONNECTIONS

Mobile Massage Solutions

ENHANCE CONNECTIONS

Mobile Massage Solutions

During or after business hours,

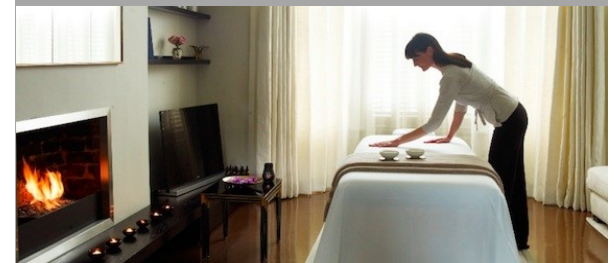
**YOUR TIME—YOUR PLACE
FLEXIBLE—CONVENIENT**

It's your choice!

We Provide the Solutions.

ENHANCE CONNECTIONS

Mobile Massage Solutions



ENHANCE CONNECTIONS

Mobile Massage Solutions



**YOUR TIME—YOUR PLACE
FLEXIBLE—CONVENIENT
Home :: Workplace :: Events**

We Provide the Solutions.



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Therapies:



Relaxation

A gentle, full-body approach to massage incorporating long strokes, combined with kneading, compression, tapping, and passive stretching to release tension in both mind and body and to promote ultimate relaxation. This massage also makes a perfect gift for someone who has never experienced bodywork.



Remedial

A fully integrated approach to massage therapy which assesses both postural and soft-tissue dysfunction and addresses the specific issues in your body. Using deep-tissue techniques, such as myofascial and trigger-point release and treats a broad spectrum of musculoskeletal issues. This massage is excellent for injury, chronic pain management, and rehabilitation.



Sports

Our sports treatment can focus on obtaining optimum performance and minimise muscle fatigue and injury. This is a great way to supplement your training regime after the gym, jogging / cycling program or the post match competition. With a regular appointment we can help you stay in shape and feel great.

Therapies:



Thermotherapy

Thermotherapy consists of the application of heat via a hot wet towel for the purpose of changing the core temperature of soft tissue with the intention of improving the symptoms of certain conditions.



Cryotherapy

The effects of cryotherapy will numb the pain, decrease swelling, constrict blood vessels and block nerve impulses to the joint or muscle and allows for the resetting of proprioceptors of the brain through proprioceptive neuromuscular facilitation (PNF) and stretching techniques.

Services:



Pre/Post Sports Event

Pre/post event sports massage at venue or ground with oil. This treatment is ideal for a warm-down regime and addresses DOMS symptoms. A pre-event uses fast invigorating movement to stimulate muscles and soft tissue – lasts approx. 5-10 minutes. (12-6 people/hour). A post-event uses slow and firm pressure using oils – lasts approx. 15-30 minutes. (4-2 people/hour)

Services:



Seated

Pamper guests or delegates at your next event with a 5-10 minute seated massage (fully clothed). This is great for a quick de-stressing. Promoting your business by enticing walk-ins off the street causing them to stay longer in your shop or premises. (12-6 people/hour)



Workstation

A 10-20 minute seated massage (fully clothed) is ideal for desk-bound people, to assist in improved posture after endless hours at a computer. Improves flexibility and circulation and boosts staff enthusiasm. Stretching and stress management recommendations provided. (6-3 people/hour)



Executive

A 30-60 minute relaxing or remedial table massage is a more complete treatment to address a person's individual tension areas (clothed or unclothed with towel drapes). This therapeutic massage helps staff achieve optimal work-life balance, and is specifically designed to improve and sustain physical mobility and health. (2-1 people/hour)



Special Occasions

Life is full of special occasions – why not make it memorable! Milestones are meant to be celebrated whether it's a Graduation, Girlfriends Getaway, Bridal Party – we would love to hear your ideas and chat with you to arrange your personal package.