

MASSAGE PRICE LIST

For All Appointments – Phone 0424 828 420

Traditional Massages

Relaxation Massage **60mins/90mins** **\$90/\$120**

Blending light aromatic essential oils with a gentle massage strokes, this treatment will have your stressed body relaxing under our soothing touch.

Remedial Massage **60mins/90mins** **\$90/\$120**

By using deliberate deep or shallow massage strokes to stimulate blood supply in the body, toxins stored in muscles are released so stubborn tight and knotted muscles can finally unwind and relax.

Sports Massage **60mins/90mins** **\$90/\$120**

Overworking those muscles? By using various massage techniques, including deep tissue, we will keep your athletic body healthy, strong, and looking fit and toned!

Deep Tissue Massage **60mins/90mins** **\$90/\$120**

Deep tissue massage gets right into the muscle tissue to detangle the muscular fibres for those with severe muscular congestion and strain. It helps to release toxins, get the blood and oxygen circulating properly, and relieve tension and strain.

Lymphatic Drainage **60mins/90mins** **\$90/\$120**

Using specific techniques to clear blockages in the lymphatic system, this gentle detoxification treatment is ideal for those suffering from fluid retention, poor immunity, and a sluggish system.

Body Biomechanics

This specialised body work treatment is designed for those serious about their **pre and post athletic recovery**. Addressing symptoms of pain and discomfort, this personalised approach to physical therapy incorporates **soft tissue therapy, massage, muscular skeletal therapy, light stretching, exercise and dietary advice**.

Body Biomechanics is recommended for those practising marathons, triathlons, sports, or that have a higher level of physical activity than the average person.

Sessions are 90 minutes and priced at \$150