



milk&honey

relax .
rejuvenate .
restore .

At milk & honey simplicity is key. We don't want to bog you down with options, you're stressed enough already. Let us explain a little bit about what all these buzz words mean so you can get onto booking a deliciously soothing massage.

● **relaxation**

A head to toe treatment that will leave you feeling weightless and blissful. A relaxing blend of essential oils are applied in slow & rhythmic strokes, flushing toxins and worries away.

● **remedial** (*sports, deep tissue & trigger point therapy*)

This category of bodywork is for people wanting more specific results. An assessment is carried out prior to the massage and your therapist will advise a treatment plan along with expected results. Deep tissue techniques involve combining relaxation massage with specific strokes used to reduce pain in the body. Deep tissue massage deals with pain conditions associated with soft tissue (muscle, tendon, ligament, fascia and skin) dysfunction. The aim of the deep tissue massage is to reduce physical pain and discomfort, increase range of motion and prevent injury. We believe that a spoonful of honey makes the medicine go down a little easier so each session is topped off with a heavenly head massage.

● **pregnancy**

A gentle, nurturing massage designed specifically for your body's remarkable changes during this precious time. Let milk & honey assist with the tensions and pains experienced during pregnancy which are often caused by the extra weight and shift in the centre of gravity. There are many physical benefits to Pregnancy Massage, in addition to the nurturing and emotional support provided by the practitioner. Massage reduces peripheral swelling, soothes the nervous system, helps to prevent insomnia, muscle cramps and back pain. Regular massage throughout pregnancy is said to shorten labour time and the return to optimal fitness after birth. So... what are you waiting for, mums to be?

NOTE: *We only perform massage within your 2nd and 3rd trimesters & require a note from your GP with consent if you are in your final 3 weeks.*

Now that you're informed on what we can offer, all you have to decide is how quickly you can book in and we will take care of the rest. Each treatment is tailored to your needs, so let our experienced therapists work with you to achieve your goals, whatever they may be.

45mins for \$60 • 1hour for \$80 • 1.5hours for \$110