

# MASSAGE AND BODY CARE.



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## Body Care Therapies

Relaxation massage is the perfect way to relieve unwanted stress and tension in the body. All of our Body Care treatments are aimed to do just that, with something to suit everyone in our range, what are you waiting for!

### TIPS & TOES

For those overworked hands and tired feet. Enjoy a relaxing foot spa with an essential oil massage for your feet, followed by a moisturising hand massage.



### BEAUTIFUL BACK

There's nothing more soothing and relaxing than a back massage. Get all those achy, painful spots in your back, neck and shoulders massaged away. This is followed by a skin conditioning treatment with specialised moisturising lotion.

### ATHLETES LEGS

Whether you are an athlete or just on your feet all day, this massage will loosen up and stretch out sore, tired legs and get you up and running again.

### EASE AWAY

This relaxation massage is conducted in a soothing, relaxed environment, with essential oils floating through the air; to totally soothe your neck and shoulders. For total relaxation, this massage is finished off with a head massage that will leave you floating amongst the clouds.



### HOT ROCKS

Hot basalt riverbed stones and warm massage oil are combined and used to massage the body using long flowing strokes designed to work deep into those tight achy muscles. This massage is both indulgently relaxing and deeply therapeutic making it a fantastic stress buster and beneficial for sports people as well.

### MYOTHERAPY

Myotherapy is beneficial in the treatment of muscle pain, injury and dysfunction. With the use of different massage techniques and other modalities including myofascial acupuncture and cupping, Myotherapy is perfect for tackling problem headaches, back pain, shin splints and a number of other complaints.

### REMEDIAL MASSAGE

Remedial Massage assists your body's own natural ability to heal itself. Massage increases circulation to the skin and muscles and releases tension within the muscle fibers to prevent the formation of scar tissue, decrease pain and stiffness while increasing flexibility and range of motion.

*Private Health Rebates available. Workcover Registered.*