

massage

Have you promised yourself a massage
but think it's too indulgent?

The stresses of everyday living can take their toll. Whether you're working or exercising, your muscles can become tight and inflexible leaving you stiff and sore. Repetitive incorrect movement, poor posture or just your normal exercise routine can make you vulnerable to muscle damage and injury.

Remedial Massage - Targeting Pain

If you thought a massage was purely for relaxation – think again! Remedial massage is an effective way to target *specific* pain. Our highly qualified, experienced massage therapists use various treatment techniques to break down bound up muscle fibres that cause stiffness, pain and decreased joint mobility.

Sports Massage - Improving Performance

If you participate in highly physical exercise or sporting activities, sports massage is the ideal way to maximise your potential before you play *and* improve your recovery.

Staying Supple

Remedial and sports massage therapy plays an important part in the treatment and ongoing management of soft tissue injury. In conjunction with your personal exercise and physiotherapy program you'll find that remedial and sports massage will free up joints and condition muscles. So you can enjoy a smooth and supple approach to your fitness routine – for life!

Massage – It's just the support your muscles need!

(* All services claimable through selected private health funds)



Life Support for Every Body

