

## Remedial Therapies

Remedial Therapies focus on treating injuries, postural imbalances, illness, emotional stress and muscular aches and pains. We trace discomfort and treat the whole body to heal the cause of the disorder as well as the symptoms.

Back / Neck / Shoulder  
Whole Body  
Deep Tissue  
Trigger Point  
Myofascial Release  
Relaxation  
Children  
Prevention of Injury  
Athletic Improvement  
Reflexology  
Combined Treatments

30 min \$50   45 min \$70   60 min \$85   90 min \$115

For an additional \$5 we add an Aromatherapy essential oil blend or Ayurvedic medicated oils specified for your condition resulting in a deeper, more effective treatment.



## Pregnancy Massage

A nurturing time-out for pregnant women! Be supported by a special pregnancy pillow and the luxury of lying on your belly whilst enjoying a soothing massage.

30 min \$55  
45 min \$70  
60 min \$85

## Lymphatic Drainage

Massage designed to speed up the lymph flow to support the removal of toxins and foreign substances. Excellent for cellulite, oedema and to assist in weightloss. 30 min \$55   60 min \$90   90 min \$120

## Far Infrared Sauna

A relaxing and therapeutic treatment utilising safe and proven far infra-red technology. Detoxifies and purifies by assisting the lymphatic system to flush toxins from the body. Helps with muscle aches and pains, body fatigue and detoxification. Especially beneficial in combination with any form of body treatment. 25 min \$25

## Holistic Massage Therapies offers a range of unique and specially tailored, personalised treatments.

Our treatments can be helpful if you suffer from: *migraines, muscle & joint pain, chronic fatigue, knee pain, sports injury, stress, fibromyalgia, pelvic problems, whiplash, hamstring & calf strain, back pain, sciatica, tennis elbow, asthma, carpal tunnel, sinusitis, anxiety, skin problems, cellulite, oedema, toxicity, overweight, concentration problems, digestion, depression.* All products used are of high quality.

## Cancellation Policy

*Out of respect for our therapists, we ask that you kindly provide 24 hours notice if you wish to cancel or reschedule your appointment. When no notice is provided, a fee of 50% is required to go towards the therapist.*

**Health Fund Rebates**  
**HICAPS**  
**Gift Vouchers**



# holistic massage therapies

*Ancient Health & Vitality for Modern Men & Women*

**Tel: 07 5536 3811**

HOLISTIC MASSAGE  
REMEDIAL MASSAGE  
BEAUTY & FACIAL TREATMENTS  
LYMPHATIC DRAINAGE  
RELAXATION  
DETOX & BODY THERAPIES  
AYURVEDIC THERAPIES  
FIJIAN HOT ROCKS  
KAHUNA  
PREGNANCY MASSAGE  
HEALING THERAPIES

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[www.holisticmassagetherapies.com.au](http://www.holisticmassagetherapies.com.au)



### **Traditional Ayurvedic Body Treatments**

Ayurveda literally means "Science of Life" which aims to harmonize and balance body, mind and spirit. Practiced in India for more than 5000 years, and still the most comprehensive holistic healing system in the world today.

### **Shirodhara**

Warm oil is poured on the forehead (3rd eye) to reduce stress, anxiety, and depression, as well as to balance hormone production. Enables the natural expansion of consciousness - experience your own state of natural bliss. 90 min \$150

### **Nasya**

A soothing head and facial massage combined with steam and medicated oil administered to the nose, helps to reduce sinus congestion, improve memory, mental clarity and breathing. 30 min \$55 45 min \$70

### **Uro Basti**

A healing chest massage with warm oil poured into a well of dough on the chest helps the heart area and releases congestion of the lungs. 45 min \$75 60 min \$90

### **Kati Basti**

A deep full back massage with warm oil poured into a well of dough on the lower back releases muscle spasm, bladder/kidney tension, spine rigidity and sciatic pain. 45 min \$75 60 min \$90

### **Traditional Ayurvedic Facials**

Try our facial treatments tailored to suit your Ayurvedic skin and body type. Our facials focus on specific pressure points which can be helpful in treating pigmentation, wrinkles excessively dry, oily or tired, sluggish skin (neck, head and foot massage included). 60 min \$85 90 min \$115



### **Aromatherapy Salt Body Scrub and Glow Massage**

Treating dryness, poor circulation and sun damage, this invigorating treatment eliminates toxins from the skin and re-balances vital body energy, leaving you refreshed and revitalised. 60 min \$95 90 min \$125

### **Head & Foot Treatment**

Feel the tension drift away whilst you receive a hot oil scalp massage and hot towel wrap followed by a deep nourishing foot massage. 30 min \$60

### **Holistic Massage**

From deep tissue methods to subtle energy work, or from gentle holds to dynamic movements, each treatment is unique, and allows the therapist an opportunity to creatively adapt to each situation. 30 min \$55 45 min \$75 60 min \$90 90 min \$120

### **Chi Nei Tsang**

A gentle manipulation of the belly and organs which increases the energy and blood flow throughout the body supporting the digestive, lymphatic and nervous system. This increases body awareness through the breath freeing blockages, which leads to energising, strengthening and detoxifying of the internal organs. 60 min \$95 90 min \$125

### **Fijian Hot Rock Massage**

This ancient art of healing uses elements of Mother water & earth to bring relief to tense muscles, sore joints, stressed emotions and a weary spirit. By massaging with the deep, penetrating heat of smooth basalt stones and essential oils, your therapist can deeply and effectively work your muscles and balance your energy. 60 min \$95 90 min \$125

### **Ka Huna / Lomi Lomi Massage**

A beautiful form of bodywork providing healing and balancing of the body and mind, physically, emotionally and spiritually. 60 min \$95 90 min \$125

### **Healing Therapy**

Applying a gentle hands-on healing method to connect directly within the central nervous system. This treatment is very effective in treating stress, trauma, emotional distress and old injuries, often resulting in a profound experience of release and relaxation (combines well with massage). 30 min \$50 45 min \$70 60 min \$85

**Ear Candling** 30 min \$60