



Healing Hands Treatment Ebmiotherapy

TREATMENT BROCHURE

*Massage: 30min, -\$50 45min-\$70, 60min-\$80
and 90min-\$120*

Myotherapy, *Myotherapy is the assessment, treatment and management of musculoskeletal conditions, which may cause muscular dysfunction and pain thus affecting movement and mobility. Myotherapists utilise a range of treatment techniques to restore and maintain the normal integrity of the soft tissue structures (muscles, tendons, ligaments and fascia)*

Remedial, Remedial Massage is a form of deep tissue massage which is focused on regaining normal muscle and soft tissue flexibility to assist recovery from or to help prevent injury. This form of massage works by increasing blood flow to the tissues, assisting with scar tissue breakdown, and encouraging lymphatic drainage of swelling and waste products. The effect of this is to normalise soft tissue flexibility and thus improved joint mobility. Soft tissue tension affects the normal position of the joints and associated nerve tissue. Therefore it is often involved in movement imbalances, postural dysfunctions and is almost always a contributing factor in musculoskeletal pain.

Swedish (RELAX), Swedish Massage is a system of long strokes, kneading, friction, tapping, percussion, vibration and shaking motions that apply pressure between muscles and bones, rubbing in the same direction as the flow of blood returning to the heart. Swedish Massage feels good, is relaxing and invigorating.

Deep Tissue, Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints).

Sports, Sports massage is a type of massage that is specifically tailored to sporting injuries or ailments. It is not meant to be a relaxing massage and, indeed, can become quite vigorous at times. Contrary to its name, sports massage is not only utilised by professional sportspeople or people that exercise heavily.



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Pregnancy and post-natal), Massage therapy during pregnancy is a wonderful complementary choice for prenatal care. It is a healthy way to reduce stress and promote overall wellness. Massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches and edema (or swelling).

Lymphatic drainage Manual lymphatic drainage (MLD) is a type of gentle massage which is intended to encourage the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart. The lymph system depends on intrinsic contractions of the smooth muscle cells in the walls of lymph vessels (peristalsis) and the movement of skeletal muscles to propel lymph through the vessels to lymph nodes and then to the lymph ducts which return lymph to the cardiovascular system. Manual lymph drainage uses a specific amount of pressure And rhythmic circular movements to stimulate lymph flow.

Reflexology Reflexology is based on the principle that all areas and organs of your body are mapped onto your feet. Congestion or tension in a part of the foot may "mirror" congestion or tension in the corresponding body part.

Done on feet and hads

Aromatherapy Aromatherapy massage is massage therapy but with highly concentrated plant oils, called essential oils, added to the massage oil or lotion. The nostrils are attached to a part of the brain called the limbic system. The limbic system controls emotions and influences the nervous system and hormones.

Hot Stone Massage. 60min– \$90, 90min-\$130

Hot stone massage is a specialty massage where the therapist uses smooth, heated stones as an extension of their own hands, or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly.



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Packages:

Feet package: foot spa 15min and 45 min reflexology treatment \$85

15min foot spa and choice of either 30min or 45min or 60 or 90 massage (extra for hot stone)

30min -\$65 45min-\$85 60min-\$95 90min-\$135

15min foot spa, 30min reflexology and choice of either 30, 45, 60 or 90 min massage (extra \$10 for hot stone)

With 30min -\$110 45min -\$130 60min-\$140 90min-\$180

Hands- 15 min or 30min reflexology session on hands

15min-\$30 30min-\$50

15min hand reflexology with choice of 30min, 45min. 60 or 90min Massage (extra \$10 for hot stone massage)

With 30min Massage-\$70 45min -\$90 60min -\$100 90min-\$140

- Ear candling—\$50

Foot spa- 15min-\$20

Customized Massage 60min- \$85

Massage styled to your need with mixture of relaxation, aromatherapy Lymphatic and deep tissue work

Scalp- 15min-\$30 or 30min-\$50 scalp and neck massage