



# Healing Hands Treatment Ebmyotherapy

PH: 0438240884

Unit 7, 17 Hilda St, Cheltenham VIC 3192

Ebmyotherapy.com

## Treatment menu

### Massage styles

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

**Myotherapy** is the assessment, treatment and management of musculoskeletal conditions, which may cause muscular dysfunction and pain thus affecting movement and mobility.

**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.

**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.

**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 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.

**Pregnancy Massage,** Massage 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).

**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.

**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 hands

**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.

# Spa Packages

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## Foot Packages

[ebmyotherapy.com](http://ebmyotherapy.com)

unit 7 17 Hilda St, Cheltenham , VIC 3192

### Foot Package 8

15min Foot Spa and 60min Reflexology \$95.00

### Foot Package 7

15min Foot Spa and 45min Reflexology \$85.00

### Foot Package 6

15min Reflexology and 30min Massage \$65.00

### Foot Package 5

15min Foot Spa and 90 min Massage \$135.00

### Foot Package 4

15min Foot Spa and 60min Massage \$95.00

### Foot Package 3

15min foot spa and 45min Massage \$85.00

### Foot Package 2

15min Foot spa and 30min Massage \$65.00

### Foot Package 1

15min Reflexology Session and 45min Massage \$85.00

## Scalp Packages

### Scalp Package 2

30min Scalp and neck massage \$50.00

### Scalp Package 1

15min Scalp and neck Massage \$30.00

## Customised Massage

60min Massage styled to your need with a mixture of relaxation, aromatherapy Lymphatic, and deep tissue work \$85.00

### Foot Spa 2

30min Foot spa includes a foot Massage \$50.00

### Foot spa 1

15min Foot spa \$15.00

**Ear Candling** \$50.00

## Hand Packages

### Hand Package 6

15min Hand Reflexology and 90min Massage \$140.00

### Hand Package 5

15min Hand Reflexology and 60min Massage \$100.00

### Hand Package 4

15min Hand Reflexology and 45min Massage \$90.00

### Hand Package 3

15min Hand Reflexology and 30min Massage \$70.00

### Hand Package 2

30min Hand Reflexology \$50.00

### Hand Package 1

15min Hand Reflexology \$30.

