

REMEDIAL MASSAGE

Sally Anne O'Connor

Is based on Techniques designed to treat both Deep and Superficial Tissues and to return Soft Tissue to a Pain Free and Fully Functional (strength & length) Range of Motion. Remedial Massage uses techniques that are geared to Release Muscle Tension and Flush the Muscles of Metabolic Wastes such as Lactic Acid. It also encourages the release of Endorphins, the Body's own Pain Relieving Chemicals.



- Treatment for Sports and Work Injuries.
- Musculo-Skeletal Injuries-Restoration & Rehabilitation of Muscles.
- Prevent and Treat Muscle Injuries, Pain and Soreness.
- Reduces the risk of Chronic Tissue Injuries such as Fibrosis & Soft Tissue Adhesions.
- Assists in Increasing Joint Mobility
- Massage Techniques are aimed at Correcting and Normalising the Body's Soft Tissues (Muscles, Tendons, Ligaments and Fascia), encouraging Balance between the Musculo-Skeletal and Nervous Systems.

- Contracture of Muscle/ Tendon & Fascia
- Joint stiffness-physiotherapy joint mobilization
- Muscle atrophy-physiotherapy-strength work
- Muscle and tendon strains. Ligament Sprains
- Post- acute injuries
- Sciatica relief
- Over-use injuries-Tendonitis, Tendinosis, Bursitis and Periostitis
- Musculoskeletal problems
- Improve circulation, toxin elimination & removal and promotes Lymphatic Drainage
- Tissue regeneration & repair
- Stress and Insomnia



RELAXATION MASSAGE

A Flowing, Soothing Massage using techniques specifically designed to Target & Sedate the Nervous System. Based on Eastern Tactile (Touch) Therapies, this Relaxation Treatment Incorporates Shiatsu (Japanese Massage) Compressions and Tuina (Chinese Massage) through the treatment, releasing Qi (vital energy) and restricted Blood Flow.

Some of the Benefits;

- Soothes the Nervous System
- Assists in Increasing Blood Supply & Circulation
- Assists in the Elimination & Removal of Toxins
- Assists in the Restoration & Rehabilitation of Muscles
- Assists the Lymphatic System
- Improves Skin Pliability & Tone
- Assists in Emotional Well-Being & Balance
- Assists Emotive States-Stress & Anxiety, Ease of Emotional Expression, Sense of Peace, Harmony & Calm
- Promotes & Assists Rest & Sleep. Assists Insomnia
- Enhances Sensitivity-Awareness of Self, State of Body, Mind & Spirit
- Womens Science
- Emotive states



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PREGNANCY MASSAGE

"A Soothing Relaxation Massage designed for Mother and Baby"

Benefits;

Decreases Muscle Fatigue, Postural Adaptation - weight of foetus / shifting centre of gravity

Assists in Prevention of Stretch Marks & Inhibiting Cellulite

Assists Circulation - Prevent Varicose Veins / Overload of Blood Vessels & Heart

Promote Well-Being, Balance & Calm - Reduces Anxiety, Emotions

Promote Digestion, Organs Compressed → Impaired Function

General Tiredness & Fatigue - Body now works for 2

- ✓ Calmer, Happier Baby
- ✓ Releases Endorphins (our feel good chemicals)
- ✓ Stimulates Para-Sympathetic Nervous System-Relaxation
- ✓ Pregnancy Massage Encourages the Myelin Sheath to Grow in Babies (Myelin Sheath surrounds the nerve fibers to help Nerves Transmit).
- ✓ Physical Relief
- ✓ Sciatica Relief,
- ✓ Oedema (swelling/fluid retention)
- ✓ Osteoitispubis
- ✓ Lymphatic Drainage
- ✓ Regulates Hormonal Fluctuations
- ✓ Preciously Needed Time Out for both Mother & Baby, allowing Baby to tune into Mummy Relaxing, Connecting you both & bringing self-awareness



INTRODUCTORY OFFER

Initial Consultation 1 1/2 hours

****2nd Treatment 20% OFF****

Remedial/Sports Massage

1hr & 15mins \$75

1hr & 45mins \$120

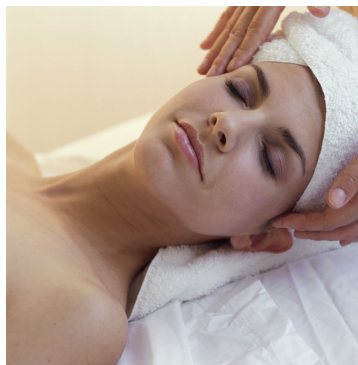
Pregnancy/Relaxation Massage

1hr & 15mins \$65

1hr & 45mins \$110

Flexible availability

BOOKINGS ESSENTIAL!



The information provided in this newsletter is for general educational purposes only. It is not intended to be relied upon as, nor to be a substitute for, specific professional advice. If you are currently under the care of a medical practitioner, you have any injuries or you are taking prescription medication, it is recommended that you seek professional advice prior to starting any fitness program.

Citron Salmon

Lynette Sharrock

Ingredients:

Salmon

1 lime

1 lemon

2 tablespoons of chives

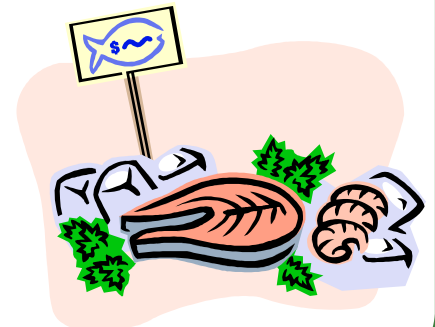
2 tablespoons of dill

Fresh dig sprigs (10-20)

1/2 1 stick of butter, softened

Method:

1. Preheat oven to 400°.
2. Mix juice of 1/2 lemon, 1/2 lime, 2 tablespoons of dill & 2 tablespoons of chives into the softened butter.
3. Place salmon skin side down on a large piece of foil.
4. Smear with the flavoured butter. Lay dill sprigs on top of butter.
5. Slice remainder of lemon & lime & lay on top of the dill.
6. Enclose all tightly with foil and cook at 400° for 20 mins.
7. Serve with steamed greens.



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