



# Massage

# Therapy

Sports massage is a targeted treatment designed to support athletic performance, providing stress relief, helping prevent injury, and speed up recovery.

It is ideal for active individuals, athletes and anyone experiencing muscle tightness from training or physical activity.

This treatment focuses on specific muscle groups to relieve muscle tension, stiffness and pain, increase joint flexibility and range of motion and enhances ease of movement.

Other health benefits include improved circulation, lymphatic efficiency, stress reduction as well as reduced levels of anxiety and better quality of sleep.

Sport massage can be used both pre- and post-event to help prepare muscles for performance and assist with recovery. It can be used as part of an ongoing training program and during rehabilitation from sports and lifestyle related injuries.

Incorporated sport massage into your training routine and wellness regime to help maintain peak performance and support long-term musculoskeletal health.

Ask at reception or call today on [08 9382 9600](tel:0893829600)

## Important Information

### Consultation\*

30 min session \$80

45 min session \$110

\*The first part of the initial session will be spent discussing problem areas in order to determine an appropriate treatment plan.

- Health fund rebates DO NOT APPLY.
- Gift vouchers available.

