



MASSAGE THERAPY AT



What is Massage?

Massage can promote relaxation and well-being, enhance function and aid in the healing process by using various techniques of manipulating superficial and deeper layers of muscle and connective tissue.

Massage is the practice of influencing soft tissue by physical, functional, and in some cases psychological purposes and goals by accredited professionals. The process involves acting on and inspiring the client's body with pressure, tension, motion, or vibration done manually or with mechanical aids. Target tissues may include muscles, tendons, ligaments, skin, joints or other connective tissue, as well as lymphatic vessels, and/or organs.

Remedial Massage (or Sports/Deep Tissue Massage) focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body, through slow strokes and deep finger pressure on the contracted areas, by either following or crossing over the muscle fibers, fascia and tendons.

These types of massage therapy are usually used to address specific problems associated with chronic muscular pain, injury rehabilitations, sporting and occupational injuries, RSI, and physical and mental fatigue.

The techniques can include Trigger Point Therapy, Deep Tissue Massage and Stretching thereby creating an improved range of motion through the joints. It's important to drink plenty of water after a deep-tissue session to help eliminate toxins from the body.

How do I start?

Bookings are essential for all massage treatments, and can be made with one of our friendly staff at Reception.

Cost

- Initial appointment: \$85
- Standard appointment: \$85 (1 hour);
\$75 (45 minutes);
\$65 (30minutes)

Massage treatments may be funded through private health insurance, please check with your provider.

Location

All treatments occur on-site at the My Physio Plus Consulting Suites at GESAC, 200 East Boundary Road, Bentleigh East.

Availability*

Mon-Sat including after-hour's appointments
**Please enquire with Reception for specific appointment times*



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