



# MASSAGE MENU

## ***Swedish Massage***

A slow and gentle rhythmical massage to stimulate the body's soft tissue and muscles, to relieve the stresses of the day, bringing you to a centred, calm state of relaxation.

## ***Stress Buster Massage***

Half an hour of massage focussing on the head, neck and shoulders to relieve stress from these areas. Add another half hour and include the lower back and feet.

## ***Remedial Massage***

A deep and firm massage to stimulate circulation and increase joint mobility. Effective in assisting the restorative process for acute and chronic injuries. Incorporates trigger point therapy.

## ***Sports/Deep Tissue Massage***

This massage accelerates the body's natural healing and recovery processes. Aimed to relax tight muscles, improve flexibility and help treat and prevent injuries. This massage is especially beneficial for those who are participating in heavy training or competition sports. Sports massage is also ideal for those who lead an active life or have a physically demanding career.

## ***Pregnancy Massage***

As you progress through the months of pregnancy the body changes in so many ways. A soothing, relaxing massage can alleviate the aches and pains of postural muscle fatigue, and relax the stressed body. A great way to treat yourself before or after the birth of your baby.



**Half hour massage: \$55 One Hour Massage: \$88**

Including GST

Gift Vouchers available

Please mention when booking if you wish to claim on your Health Fund.

**Revive**

**Level 2, 21 Mary Street, Brisbane 4000**

**P: (07) 3012 7007**

**F: (07) 3012 7006**

**E: revivpilates@westnet.com.au**

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