



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.

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 Ashgrove

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Sports/Deep Tissue Massage

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

Therapeutic Cupping Therapy

This ancient technique is very sedative to the mind and therapeutic to the body. Through several thousand years of clinical experience, the therapeutic applications of cupping have been documented. Cupping Therapy has been found to affect the body up to four inches into its underlying tissues.

By using suction and negative pressure, cupping therapy facilitates lymphatic drainage, draining excess fluids, toxins, loosening adhesions, lifting connective tissue, bringing blood flow to stagnant skin and muscles and stimulating the peripheral nervous system.

Varied techniques using stationary and moving glass cups greatly enhance many massage treatments. Cupping intensifies the therapeutic aspects of current treatments and its effects are subtle, yet very powerful. Cupping Therapy also provides an amazing deep tissue massage. Massage cupping can be used on broad areas of the back to break up stagnated waste and stubborn adhesions.



Cupping is not only beneficial for muscular pains, it can also be used to treat a number of conditions including general muscular tension, common colds and flu, sporting and other types of injuries, and menstrual pain.



The action on the nervous system is sedating and clients will often descend into a profound state of relaxation.

On a deeper therapeutic level, cupping is very beneficial for many other conditions such as high blood pressure, anxiety, fatigue, chronic headache, and neuralgia.

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