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TAKE a break from the boardroom and drop into Revive Pilates & Physiotherapy in Mary St for a treatment during your lunch break.

Sitting at a computer all day can wreak havoc with your posture and leave muscles tense and tight and a quick massage once a week is the key to preventing long-term damage. The staff at Revive understand your busy lifestyle and will accommodate your needs without bogging you down with chit chat. Call 3012 7007 to make an appointment or pop in to Level 2, 21 Mary St for a half-hour massage (\$55) during your lunch break or indulge in a one-hour massage and mini facial (\$143).