## **CITY LIFE > YOU**



Zelinski has healing hands

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## Make for the hills with a massage

Ms Zelinski, who was last year invited away on

tour to Singapore and Korea with the Women's Canadian Beach Volleyball teams, pummelled and elbowed my body to perfection.

Call me sado-masochistic, but I love a really firm massage, even if it leaves me bruised afterwards. I went in extremely sore, and walked out feeling all floaty and soft.

And - did you know - a muscle that has been stressed to the point of fatigue takes somewhere between 48-72 hours to rest, adapt

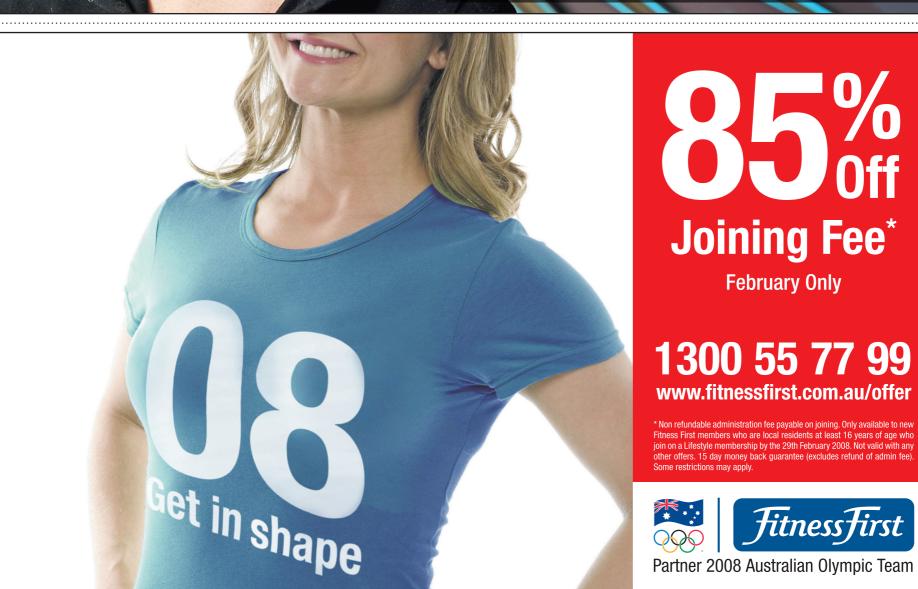
A good remedial massage can reduce the recuperation time by as much as 50 per cent,

Her diagnosis for me was that my leg muscles were so tight; I should get a weekly massage for a month to prevent injury.

It's a bit like getting your car serviced, she says – you shouldn't neglect your mind, body

"A good massage has enormous healing

Revive Pilates and Physiotherapy recently added beauty therapy to its services. Visit www.revivestudio.com.au or phone 3012 7007.



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