



## Make for the hills with a massage

**RUB IT IN**  
WORDS: NICOLE CARRINGTON

**THANK** God for massage therapists such as Kathryn Zelinski at Revive Pilates. I was all bent out of shape and back to front after some intense personal training sessions until she very kindly put me back together again.

You see, I'm the antithesis of a natural runner, but running I am, in the hope that I, and some big-hearted besties I've enlisted for the cause, can conquer two, 10km charity races in not-too-shabby fashion this year.

Now, I'm a convert – I like the happy endorphins afterwards and feeling fit and strong, even if running takes a huge toll on your body. Indeed, I run like a "robot", according to my P/T. (Though I've sprinted effectively in heels at countless DJs sales.)

Enter Ms Zelinski, massage therapist, pilates instructor and endermologie therapist at this city oasis. Her massage was like good medicine for my fatigued and sore muscles.

I even felt a bit light-headed and euphoric afterwards – that's how bloody good it was.

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 and recuperate?

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

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 maintenance.

"A good massage has enormous healing powers," she says.

Revive Pilates and Physiotherapy recently added beauty therapy to its services. Visit [www.revivestudio.com.au](http://www.revivestudio.com.au) or phone 3012 7007.



**PLEASURE AND PAIN:** Kathryn Zelinski has healing hands.



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