



Revive

Longer hours, higher stress levels and an increasingly sedentary lifestyle have become unfortunate realities for many Australians.

Many businesspeople complain that finding the time to exercise is hard enough — the idea of holistic wellness has almost become a myth.

And while an indulgent getaway every now and then can be a useful pick-me-up, without regular care the body inevitably starts to wear out, leaving us tired, sore, and unproductive.

Julie Campbell, a leading sports therapist with over 25 years' experience, has seen just how much wear and tear our bodies are expected to deal with.

Campbell's solution is Revive, a purpose-built Mary Street studio offering physiotherapy, pilates, beauty therapy, massage, yoga and endermologie.

Unlike major gym chains or over-booked physio clinics, Revive offers a boutique experience — the quiet, discreet studio is a world away from the exposing street-level window trend of some inner-city gyms.

Treatment and massage rooms are of day spa quality, with Brisbane's own Perfect Potion products used throughout.

Revive also operates an ergonomics consultation branch for WorkCover. ■

