



# student massage calendar

- ◆ *Thursday bookings available from 10am to 1.30pm (last booking)*
- ◆ *Saturday am bookings available from 9am to 12.30pm (last booking)*
- ◆ *Saturday pm bookings available from 1.45pm to 5.15pm (last booking)*

DAY	DATE	Morning Sessions	Afternoon Sessions
Saturday	27/06/09	Swedish/Remedial	Swedish/Remedial
Thursday	2/07/09	Aromatherapy	----
Saturday	4/07/09	Swedish/Remedial	Swedish/Remedial
Thursday	09/07/09	Shiatsu	----
Saturday	11/07/09	Swedish/Remedial	Sports (Deep Tissue)
Thursday	16/07/09	Aromatherapy	----
Saturday	18/07/09	Swedish/Remedial	Sports (Deep Tissue)
Thursday	23/07/09	Swedish/Remedial	----
Saturday	25/07/09	Swedish/Remedial	Aromatherapy
Thursday	30/07/09	Swedish/Remedial	----
<b>Price increase now applies please see below</b>			
Saturday	01/08/09	Swedish/Remedial	Shiatsu
Thursday	06/08/09	Swedish/Remedial	----
Saturday	08/08/09	Swedish/Remedial	Swedish/Remedial
Thursday	13/08/09	Swedish/Remedial	----
Saturday	15/08/09	Swedish/Remedial	Swedish/Remedial
Thursday	20/08/09	Swedish/Remedial	----
Saturday	22/08/09	Swedish/Remedial	Swedish/Remedial
Thursday	27/08/09	Swedish/Remedial	----
Saturday	29/08/09	Swedish/Remedial	Swedish/Remedial

**See over for prices and an explanation of massage styles.**

The calendar is also available on our website [www.schoolofmassage.com.au](http://www.schoolofmassage.com.au)

All massage sessions are 55mn apart from Aromatherapy which is a 1 ½ hr session.

**Swedish Massage** is a light relaxation massage which involves the use of hands, forearms or elbows to manipulate the superficial layers of the muscles to improve mental and physical health. **\$25, as of 1<sup>st</sup> August \$30**

**Remedial Massage** can be helpful in treating specific areas of muscle tension caused by stress or injury, or can be used to just relax. **\$25, as of 1<sup>st</sup> August \$30**

**Sports Massage** is a deep tissue massage for sport and occupational injuries. **\$30 (remains same)**

**Sports (Advanced)** is a deep tissue massage for sport and occupational injuries given by more experienced students. **\$30 (remains same)**

**Aromatherapy** combines the use of essential oils along with massage to create enhanced benefits. It is ideal for people wanting to enhance their daily wellbeing and obtain relief from stress. This is a 1 ½ hr massage. **\$35, as of 1<sup>st</sup> August \$40**

**Zen Shiatsu** is a deeply effective style of healing. In a Zen Shiatsu treatment the vital channels or Meridians carrying our ki (chi or prana or 'life force') are pressed with the fingers, palms, elbows, knees or feet. The massage is done fully clothed, lying on a mat on the floor. **\$25, as of 1<sup>st</sup> August \$30**

**Tui Na** is a Chinese form of massage therapy that is similar to remedial massage, but has a particular focus on Acupuncture points. The client may choose to either receive their massage with oil on bare skin, or through their clothing while remaining fully clothed. **\$25, as of 1<sup>st</sup> August \$30**

**Pregnancy Massage** is a perfect way to reduce stress and promote general well-being to the would-be mother (pregnant women must be in their 32<sup>nd</sup> week of pregnancy or over). This is a 1 ½ hr massage. **\$25, as of 1<sup>st</sup> August \$30**

**To make a booking please call us on 9262 2654**