



student massage calendar

DAY	DATE	Morning Sessions	Afternoon Sessions
Saturday	24/11/07	Swedish/Remedial	Sports (Deep Tissue)
Thursday	29/11/07	Sports (Deep Tissue)	-----
Saturday	01/12/07	Swedish/Remedial	Zen Shiatsu
Thursday	06/12/07	Aromatherapy	-----
Saturday	08/12/07	Swedish/Remedial	Aromatherapy
Thursday	13/12/07	Zen Shiatsu	-----
Saturday	15/12/07	Swedish/Remedial	Sports (Deep Tissue)
BREAK	FOR	CHRISTMAS	HOLIDAYS
Saturday	12/01/08	Swedish/Remedial	Sports (Deep Tissue)
Thursday	17/01/08	Sports (Deep Tissue)	-----
Saturday	19/01/08	Swedish/Remedial	Sports (Deep Tissue)
Thursday	24/01/08	Aromatherapy	-----
Thursday	31/01/08	Swedish/Remedial	-----
Saturday	02/02/08	Swedish/Remedial	Swedish/Remedial
Thursday	07/02/08	Swedish/Remedial	-----
Saturday	09/02/08	Swedish/Remedial	Swedish/Remedial
Thursday	14/02/08	Swedish/Remedial	-----
Saturday	16/02/08	Swedish/Remedial	Swedish/Remedial
Thursday	21/02/08	Swedish/Remedial	-----
Saturday	23/02/08	Swedish/Remedial	Swedish/Remedial
Thursday	28/02/08	Swedish/Remedial	-----
Saturday	01/03/08	Swedish/Remedial	Swedish/Remedial

See over for prices and an explanation of massage styles.

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**

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**

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

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. **\$35**

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**

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**

To make a booking please call us on 9283 2588