



30min massage	\$60
60min massage	\$100
90min massage	\$145
60min acupuncture	\$110

Treatment Add-ons:
Aromatherapy
Myofascial Cupping
Dry Needling
(\$10 each)

remedial massage *reduce pain & treat injuries*

A therapeutic treatment designed to reduce pain and support recovery from work, overuse, sport or accidental injury. Using knowledge of anatomy and the mechanics of the body your therapist will: use a combination of techniques to improve range of motion, reduce pain and swelling speeding up the body's own healing process.

sports / deep tissue massage *release targeted muscles*

A firm massage designed for those who love to exercise. Using deep pressure this massage releases targeted muscles associated with your specific sport. With a mix of stretch and massage techniques you can expect relief from sporting injuries, pain and tension. You will feel loose, more flexible with improved range of motion.

swedish / relaxation massage *remove toxins & de-stress*

Long fluid strokes return blood to the heart provoking relaxation and calm. This type of massage is exceptionally beneficial for the removal of toxins, improving circulation and increasing the level of oxygen in the blood. Encouraging relaxation this treatment is perfect for those who are feeling stressed or finding it hard to switch off.

pregnancy massage *relieve discomfort & encourage circulation*

Massage therapy during pregnancy is a healthy way to help relieve stress and promote overall wellness. Massage can help relieve: back aches, stiff neck, leg cramps, headaches and edema (fluid retention). Massage for pregnant women also reduces stress on weight-bearing joints, encourages blood and lymph circulation. We recommend waiting until you have passed your first trimester before booking a treatment. *Women in high-risk pregnancies should consult their doctor or midwife before any massage treatment.*

acupuncture *balance mind, body & spirit*

Acupuncture treatment involves the insertion of fine, sterile, single use, disposable needles into specific sites (acupuncture points) along the body's energy pathways (meridians) to clear energy blockages and encourage the normal flow of energy, or Qi, through the body. Acupuncture takes an holistic approach by addressing the underlying cause of the condition, as well as the symptoms. The approach links body, mind and spirit with a focus on drug-free pain relief.

Open 7 Days

Phone: 02 6685 6107

6/4 Bay Lane

*(upstairs, in the lane behind
the Beach Hotel)*

health fund rebates / HICAPS

BOOK ONLINE

byronmassageclinic.com.au

