

Thermal Hot Stone

Simone uses uniquely shaped Australian Thermal Stones in the treatment to promote balance and deep relaxation. The radiating heat from the metamorphic stones restores and rejuvenates the body at its deepest level, increasing circulation and gently removing tightness and stressed muscles.

Annette Thompson

Annette holds a certificate IV in Massage Therapy Practice, Certificate in Shiatzu & Reiki Practitioner Level II. She is a member of the Australian Association of Massage Therapists and the Australian Reiki Connection.

Simone Unicomb

Simone holds a certificate IV in Massage Therapy Practice, Certificate in Thermal Stone Massage & Reiki practitioner Level II. She is a member of the Association of Massage Therapists and the Australian Reiki Connection.

Phone Bookings:

0439 956 699

Price list

Therapeutic / Relaxation Massage

½ hr ~ \$45

¾ hr ~ \$55

1hr ~ \$65

Thermal Hot Stone

1½ hr ~ \$80

Absolute Relaxation Massage

1½ hr ~ \$120

Reiki

\$50

Shiatzu

\$65

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someone special.**

Web site:

www.olivewellnesscentre.com.au

ABN: 56 050 090 994

Massage

Relax, Revive & Feel Better

@



Olive Wellness Centre

45b Toalla St

Pambula NSW 2549

(5 minutes drive South of Merimbula)

0439 956 699



Therapeutic / Relaxation Massage

Massage is a simple, yet powerful healing art. On a physical level, massage facilitates the circulation of blood and lymph and increases the rate of removal of waste products. It improves joint range and movement by mobilizing and warming up the soft tissues.

Massage can be used to alleviate pain and discomfort in a number of situations, including arthritis, odema, discomfort during pregnancy and many other musculoskeletal problems.

Also massage can be good for rehabilitation purposes post-operative. Massage can assist in stress management and can provide a calming effect which assists in improving sleep.

Shiatzu

A little bit about Shiatzu

Also known as acupressure, Shiatzu is a finger pressure massage technique that is sometimes confused with acupuncture. Shiatzu massage therapy and acupuncture are founded on the Chinese meridian system.

Shiatzu is done with the client fully clothed. The therapist applies pressure with her thumbs, finger, and palms to specific areas of the client's body that have been determined during an assessment period prior to the massage session.

There are no needle pokes involved with Shiatzu. Massage techniques like tapping, squeezing, rubbing, and pressure are applied along the meridians to unblock energy blockages and reintroduce the optimal flow of ki (energy).

Some benefits of Shiatzu massage

- Deep muscle and tissue relaxation
- Stress reduction & management
- Releases toxins from the body
- Increased flexibility
- Improved blood circulations
- Reduces blood pressure
- Reduces mental anxieties
- Calms nervousness
- Increases mental and spiritual awareness
- It feels good!

Reiki

Reiki gives you the space to step outside a stressful situation, which is fundamental for gaining a perspective.

When you are stressed, the body reacts by not only causing tension, but physical and mental blocks.

Reiki helps alleviate these blocks by encouraging the flow of energy needed for the body to regain balance.

Reiki is a non-invasive, relaxing and nurturing experience, which allows you to remain fully clothed throughout the treatment.

The practitioner places their hands lightly on or above the body in a sequence of positions. It works in a similar way to acupuncture, minus the needles.

One treatment is good for a quick fix, but it can also be used on more regular basis for stress prevention and to help maintain a sense of well being.

