

Remedial massage

Stress!!.....it affects everyone. It sneaks up when you are not paying attention and before you know it your muscles are aching and your neck feels stiff. **Remedial massage** is a great way to relieve chronic muscle tension in the body.

Remedial massage is a recognised form of muscle manipulation to help muscles to relax, increase blood flow to the source of tension and help heal chronic muscle problems. It is sometimes called sports massage because it is particularly effective for those suffering pulled muscles or sports injuries. It is not to be mistaken for simple relaxation massage such as Swedish massage. Remedial work is deeper and effects much longer lasting. The training for remedial massage is also much more extensive.



At **House of Sage** we provide **remedial massage** for those people suffering with pain, soft tissue back injury, sports injury, chronic neck tension, fibromyalgia, and for those who simply need muscle release.

We can also combine your treatment with muscle balancing using kinesiology and acupressure. Our remedial therapist has also done extra studies in sports injury management.

Please NOTE: *Severe acute injuries must be assessed by a medical practitioner before massage treatment can be performed.* Remedial massage is not performed on acute inflamed muscles. Rest, ice and elevation are the priorities in the acute stages of muscle injury.

Call 3379 6559 today and feel better for it! Bookings essential. One hour and thirty minute appointments available based on your requirements.

