



fix your body massage therapy

www.fixyourbody.com.au



Fix Your Body Massage Therapy — Chris Sporton Remedial Massage Therapist, Exercise Physiologist, Personal Trainer

25 Verbena St Blackburn Nth Victoria 3130 Phone 03 8812 2413 Mobile 0414 331 629 book online at www.fixyourbody.com.au ABN 95 654 931 799

Massage Treatments:

Whether you want to get back onto the sports field more quickly, restore your movement range to what it used to be, or just experience the well being of a relaxing massage, there is a treatment option for you.

Remedial Massage - for the repair of soft tissue injuries using deep tissue techniques, muscle energy technique, positional release, myofascial release techniques, cupping and trigger point therapy. If you have private health insurance with extras, you can claim on this treatment.
\$70 for a 45 to 60 min treatment.

Deep Tissue Massage - more than your traditional relaxation massage, deep tissue massage encourages blood flow and muscular repair through hard pressure focusing on encouraging the body to repair itself. Delivered best by a strong therapist with high levels of knowledge on muscular anatomy.
\$70 for a 60 min treatment

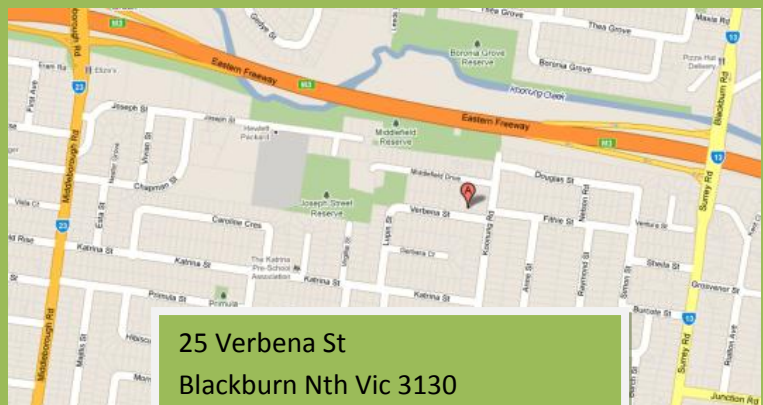
Pregnancy Massage – Studies indicate that massage therapy performed during pregnancy can reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains, and improve labor outcomes and newborn health.
\$70 for 60 min treatment.

Relaxational Massage - the traditional Swedish massage delivered with light to medium pressure according to client requirements. Within the hour treatment the client receives a full back massage, and either an arm or leg massage. An extended massage is available (90 mins) for those who would like the full experience.
\$70 for 60 mins, \$100 for 90 mins.

DISCOUNT VOUCHER

Print out, cut out and produce this to receive a \$10 discount on your first massage treatment. Limited to one per client. Not to be used with any other offer.

\$10
Discount
On your first treatment



25 Verbena St
Blackburn Nth Vic 3130
03 8812 2413 0414 331 629
chris@fixyourbody.com.au