

## Massage may help

- Sore or strained muscles
- Carpal Tunnel Syndrome
- Tension headaches
- Sciatica
- Plantar fasciitis
- Whiplash
- Torticollis
- Frozen shoulder
- Repetitive strain injuries
- Golfers/Tennis elbow
- Scoliosis
- Shin splints
- Tendon and muscle tears
- Varicose veins
- Pain and discomfort during pregnancy
- Stress Reduction
- Postural tension

## When should I have a massage?

Many people think massage is a luxury or something people do to spoil themselves. However massage is an essential and integral part of getting and staying healthy long term. Regular massage has many benefits for body, mind and soul. The reasons people may have one are varied and include:

- Boost mood and put the spring back in your step when feeling stressed and run down
- Assist in healing from injuries, sprains, strains or tears
- Increase relaxation and promote a healthy mind
- Prevent injury and stay at the top of your game
- Boost immune system when sick, stressed or run down
- Pre or post event to enhance performance and improve recovery
- During pregnancy to help you relax, adapt to the changes happening in your body and treat or prevent pain like sciatica, SIJ syndrome and other pregnancy related conditions
- To relieve postural tension from work, sitting at desks heavy lifting, carrying children, etc.
- Gift for someone you love to help improve their health

# healthspace

# Massage

### To Provide

To provide every individual the opportunity to be happy and healthy and achieve their genetic potential

### To Serve

To serve our community with integrity and passion using evidence based holistic health care

### To Inspire

To inspire families to take ownership, educate themselves and make better health choices



## Tried everything? Nothing working?

Health Space have an amazing array of practitioners that have many years of experience working with chronic, weird and wonderful cases. Visit [www.healthspaceclinics.com.au](http://www.healthspaceclinics.com.au) for Clinic locations and contact information.



Remedial/Sports Massage

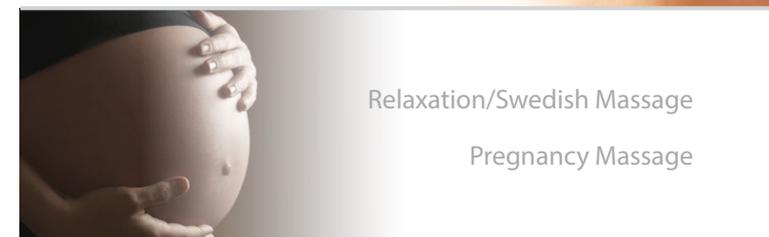
Hot Stone Massage

Aromatherapy Massage



Relaxation/Swedish Massage

Pregnancy Massage



Lymphatic Drainage Massage

Myofascial Release

Trigger Point Therapy



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## What is massage?

Massage therapy is the manual manipulation of soft tissues such as muscles, connective tissue, tendons, and ligaments which enhances health physically, chemically and emotionally.

When the various tissue layers and fibres are manipulated it may enhance function, improve blood flow, increase healing and promote relaxation.

Massage Therapy is often used for relief from pain and injury, stress reduction, or enhancement of athletic performance. But whether there is a specific goal or not, massage therapy tends to increase the general health and wellbeing of everyone!

Massage involves a range of techniques and styles and every practitioner will apply these styles differently. So shop around until you find the practitioner that is perfect for your goals, wants and needs.



## Benefits of Massage

- Mental and physical relaxation
- Improved circulation
- Reduction of stress and anxiety
- Relief of muscle tension
- Increased range of motion and flexibility
- Speeds up recovery of soft tissue injuries
- Boost athletic performance and promote faster recovery
- Improve mood and recharge energy levels
- Balance sleep patterns
- Enhance skin tone

## Types of Massage

**Remedial/Sports Massage** is a deep massage that manipulates the soft tissues of the body for a specific injury or concern or to prevent injury. It is good for chronic muscle tension or pain. The therapist will carry out an assessment to pin point the concern and create a treatment plan tailored to the individual. Conditions best treated by this type of massage include but not limited to: headaches, whiplash, carpal tunnel syndrome, tennis elbow and sporting injuries.

**Relaxation Massage or Swedish Massage** involves the use of a collection of gentle strokes, which promote relaxation including sliding/gliding, kneading, friction and vibration and shaking. The therapist will use a combination of these with either light or firm pressure to ease muscle tension. Swedish helps to de-stress and loosen up the body and is good if you are carrying a lot of stress, need some TLC or simply don't enjoy strong massage!

**Lymphatic Drainage Massage** targets the lymphatic system which is a network of vessels that act as a drainage system carrying waste products to be filtered out of the body, along with important cells for our immune system. When this system isn't working effectively it may cause swelling or odema. LDM is light and gentle and works to encourage the natural drainage of the lymphatic system and reduce swelling. It is very helpful for acute injuries like swollen ankles and knees and when the immune system is depleted such as colds and flu's and more serious conditions like cancer and auto-immune diseases.

**Aromatherapy Massage** is a massage using highly concentrated plant oils added to a massage base oil. These oils when absorbed through the skin and inhaled have an affect on the part of the brain that controls emotions and have a variety of positive effects on the physical body. Aromatherapy is generally used to reduce stress and calm the emotional state. Aromatherapy can be used in conjunction with any of the other massage techniques and styles.

**Pregnancy Massage** not only relieves the tensions and discomfort caused by the extra weight and the shift in your body's centre of gravity, it also reduces swelling, calms the nervous system, reduces fatigue and enhances energy. Taking time for yourself and your baby is a very important part of the pregnancy. Special pillows are used to ensure you are comfortable, or you can lie on your side or sit up.

**Myofascial Release** works and targets the connective tissue of the body, known as fascia. This tissue interconnects every part of the body, surrounding muscles, blood vessels and nerves while supporting the overall structure of the body. This technique aims to release fascia, which can become tight and restricted due to injury or trauma. Slow, controlled pressure is used to achieve results. Great for treatment and prevention of work and sports injuries.

**Hot Stone Massage** is the application of smooth, heated volcanic basalt stones on points around the body. The stones can stay on one point on the skin or the therapist can hold them and incorporate them into a flowing style massage. Hot stones are one of the best ways to relax, while receiving many healing benefits. Hot stones can be used on their own or in combination with other massage techniques and styles. They are great for relaxation, stress reduction and treating sports injuries that require heat such as tendinitis and chronic muscle strains and sprains.