

Client Testimonials

"I was told by my dietician that I needed to find an alternative to release my stress. He suggested massage. So I made an appointment with Sue, who I already knew from my beauty treatments. I have had massages before but I don't think I really understood their true therapeutic nature. That is until Sue. She asked lots of questions and seemed to really care about ALL OF ME. I had my first massage. The difference in my body and soul was incredible. Now a few months later, I can say that the time spent with Sue saved my life SHE IS THE WHOLE PACKAGE!" Robyn H of Woodcroft

"I have been receiving massage therapy from Sue for approximately 11 years. It is conducted in a peaceful and calming environment that allows you to unwind and relax without any embarrassment. I believe the benefits I have received from my massage treatments includes relieving of the aches and pains that build up with day to day living and an increase in my general mobility after massage. I have no hesitation in recommending Sue as a massage therapist".
Stephen K of Morphet Vale

"Since having a monthly massage (neck, back and shoulders), my body doesn't ache like it used to and my shoulders and neck aren't as "tight", as I work with a computer 5 days a week this is a good maintenance for my body. I find the peaceful and calming atmosphere makes my massage very relaxing and beneficial! When I have a deep massage (for muscle tightness and pain) my range of movement improves as well as my flexibility and my pain is reduced. My experiences with Reiki and Reflexology further helps to "balance" my body. I find the combination of these and massage to be very helpful to my well-being and state of health. It is some "me-time" that I now can't do without!"
Sharon K of Reynella

"I started having back massages with Sue in 2004. I have had back pain for quite a few years and I have found having regular massages to be very helpful. The pain before the massage could be quite painful on some occasions but after the massage my back was painless and I felt quite relaxed. I am a very tense person and find it hard to relax but during the massage I feel the tension becoming less".
Val W of Christies Beach

Trading Hours

Monday Closed

Tuesday 10.00 – 6.00*

Wednesday 10.00 – 6.00*

Thursday 10.00 – 7.00*

Friday 10.00 – 7.00*

Saturday 10.00 – 3.00*

Sunday Closed

Closed Public Holidays

* Later appointments are available by prior arrangement

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**Massage:
The best antidote
for Stress**

**Elegant Nails & Beauty
by Sue**

Phone 0419 806 803



You deserve some "me" time!

Benefits of Massage

On a physiological level, massage affects all the body systems, resulting in improved general functioning as well as relieving specific conditions. It can also assist with self-esteem, release emotional blocks, increase mental clarity, and help you to connect with your inner light. Having regular massages is simultaneously relaxing and refreshing. It is about taking time out to restore harmony and well-being so that you feel ready to take on the world again. Massage is a great way to give the body a “pit-stop”, where it can attend to its inner workings.

Physical benefits

Massage can stimulate and relax the body and the mind. As tense muscles relax, stiff joints loosen and nerves are soothed, an all over feeling of relaxation and well-being comes about. The skin, blood, and Lymphatic systems are stimulated, which boosts circulation, improving supply of necessary nutrients needed for healthy hair, nails and skin, aids cellular renewal and removes toxic wastes. Massage can also help relieve a range of problems including headaches, insomnia, and digestive disorders. Stress hormones have a weakening effect on the Immune System and therefore increases the possibility of illness. Massage also has a direct benefit on the body's muscular structure, by relaxing and stretching muscles that have become contracted and shortened with tension, massage helps the body to regain its flexibility as the elasticity and mobility of the body tissues is restored.

Emotional benefits

Massage can contribute to the relief of conditions such as stress, depression and anxiety. Regular massage results in improved mental clarity, reduction of mental exhaustion, feelings of irritability or being overwhelmed. Massage is also valued for its feel good factor. As the body releases tension, a weight is lifted, leading to an increased sense of lightness and happiness. Research indicates that the level of stress hormones such as Cortisol falls during massage, while the level of feel-good bonding hormones such as Oxytocin, significantly increases.

Nourishing the Soul

Massage can also work on the energetic balance of the body through the Chakra system, which centers around its spiritual dimension. By aligning Body and Soul through massage, a deep sense of peace, calm and balance can be achieved. The first signs of ill health are believed to show up as blockages in the Chakra system. If these imbalances are not corrected then the issue will eventually show up as a physical problem. Keeping the Chakras working effectively is extremely important for good health and general well-being!

In the interest of your well-being

Please cancel your massage (prior to your appointment) if you:

- are feeling ill
- have a temperature or fever
- have cold or flu symptoms
- have a bacterial or viral infection
- have nausea or abdominal pain.

Prior to your treatment

- Please **do not eat a heavy meal** 1hour prior to the Massage, as this will hinder the relaxation process.
- Please **do not drink alcohol or caffeine 12 hours before or 12 hours after** the treatment as Massage increases circulation and detoxifies the system.
- Please wear or bring along comfortable clothes that you can wear home after the treatment so that the residual oil will not damage your “good clothes”.
- If you have long hair please bring a hair tie.
- If having a full body massage you will be required to remove all jewellery so please leave the items at home or bring along a storage container to put the items in.

After your treatment

- It is important to drink at least 1 litre of water after the treatment. This is because the muscles have been worked and that increases the presence of Lactic Acid. The more water you consume, the less Lactic Acid build up you will have.
- Massage increases blood and lymph circulation, if toxins are present in the system, they will be circulated more rapidly, and ultimately flushed out. The more water you consume, the quicker they leave your system.
- It is normal to experience “muscle awareness” after a treatment. The muscles and ligaments are readjusting so you may experience some soreness as the body changes.
- Gentle stretching is recommended before retiring and again on rising.
- A warm bath with **EPSOM SALTS** is recommended to speed up the detoxification process.
- It is also recommended that you keep your body warm after a treatment so that the muscles do not become cold and constricted causing you pain. Apply a warm heat bag if required.

Massage Prices

Please note all Massages are NON-SEXUAL

Body Balance Healing Massage 60 mins \$110.00

Working on the back of the body this Healing Massage works on the emotional, physical and energetic levels balancing and clearing the energy centres, as well as releasing chronic tensions in your body. It combines Relaxation Massage together with ancient energy healing techniques from Reiki and Seichim.

Relaxation Full Body Massage 60 mins \$85.00

An aromatherapy massage using Essential Oils is a truly tranquil, therapeutic treatment for both mind and body working mainly on the Nervous System. This massage will alleviate tension, soothe away stress, unknot tense and aching muscles whilst energising and invigorating the entire body. An effective aid to relaxation, calms emotional states, calms the mind and helps induce a rested deep sleep.

Back of Body Massage 50 mins \$75.00 (Back, Butt, Legs, Feet)

Since our legs carry our full body weight, our bones and muscles in our legs are the strongest we have. Our legs work hard in standing and walking, and they benefit enormously from massage. This massage relaxes all leg muscles which if tense can adversely affect our posture. Tiredness and heaviness in the legs are alleviated. Poor circulation and a sluggish Lymphatic System can be considerably improved with a back of body massage.

Back, Neck and Shoulder Massage 30 mins \$45.00

Our back is an area of great strength and mobility, and it is the main supportive structure of our body. It therefore requires attention. A back massage with emphasis on the lower back, neck and shoulders greatly alleviates effects of stress throughout the whole body, enhancing physical and psychological well-being.

Neck and Shoulder Massage 20 mins \$35.00

The neck is an area of the body prone to holding tension. It's not only the hours spent sitting hunched over a desk, carrying heavy shopping, clutching a car steering wheel that tightens and contracts the neck muscles but all have a cumulative effect. This massage targets and releases tension stored in the neck and shoulder area.

Foot Massage 15 mins \$25.00

Our feet are the most used and neglected part of our body. A foot massage is particularly relaxing, as it alleviates anxiety and stress, stimulates circulation, stimulates the Nervous System, help insomniacs sleep, and energises anyone feeling tired and lethargic after a long stressful day.