

MILLENNIUM M A S S A G E

Millennium Massage welcomes you to experience unparalleled customer service and an impressive massage experience with one of our selected therapists.

There's a small but well-curated selection of massage treatments available.

Relaxation Massage - The slow soothing rhythmic strokes will relax your muscles and gentle stretching will leave you calm, restored and ready to face the world again.

Deep Tissue Massage - Focusing on the deeper layers of the muscle tissue allows your therapist to get to the root of your muscle aches and pains. It aims to relieve chronic patterns of tension in the body through slow strokes and very deep pressure on concentrated areas specific to your needs.

Remedial Massage – Is a systematic body assessment that is designed to treat ligaments, muscles, tendons, as well as other connective tissues. The treatment is customized to each person's individual specific needs, identifying the underlying source of discomfort and relieving these symptoms for good.

Sports Massage – Stimulates lymphatic and circulatory systems, improves range of motion, reduces recovery time.

Rock Taping – Proper use of kinesiology tape releases pain and supports joints. It helps with sports and non-sports injuries, including back pain, plantar fasciitis, runner's knee, etc.

Millennium Massage is committed to serve with care and compassion. Experience a new level of relaxation and be carried away by the Millennium Massage therapists.

The best way to find yourself is to lose yourself in the service of others

We look forward to taking care of you soon

bookings:

0490 474 646

bookmillennium@gmail.com

PRICE LIST

MASSAGE	NON-FITNESS MEMBERS	FITNESS MEMBERS & STAFF
RELAXATION	\$85	\$80
DEEP TISSUE	\$90	\$85
REMEDIAL	\$90	\$85
SPORTS	\$95	\$90
ROCK TAPING	\$10	\$10