

# 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.

## ***RECOVER - UNWIND - RESTORE***

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, reduce recovery time.

**Reflexology** is a therapeutic method of relieving pain by stimulating predefined pressure points on the feet. These pressure points are reputed to connect directly through the nervous system and affect the bodily organs and glands. plantar fasciitis, runner's knee and back pain.

**Rock taping** is a great "tool" in sports and non-sports injuries, including shin splints, plantar fasciitis, runner's knee and back pain. Rock Tape microscopically lifts the skin away from the muscle and fascia below and creates a de-compressive effect.

***"THE BEST WAY TO FIND YOURSELF IS TO LOSE YOURSELF IN THE SERVICE OF OTHERS"***

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.

**Bookings: 0490 474 646**

**[bookmillennium@gmail.com](mailto:bookmillennium@gmail.com)**

# MILLENNIUM M A S S A G E

<b>MASSAGE</b>	<b>FITNESS MEMBERS</b>	<b>NON-FITNESS MEMBERS</b>
<b>RELAXATION</b>	\$80	\$85
<b>DEEP TISSUE</b>	\$85	\$90
<b>REMEDIAL</b>	\$85	\$90
<b>SPORTS</b>	\$90	\$95
<b>REFLEXOLOGY</b> (45 MIN)	\$60	\$70
<b>ANY MASSAGE</b> (30 MIN)	\$50	\$55
<b>ROCK TAPING</b>	\$10	\$10

\*\*\*Price list valid from 10<sup>th</sup> of June 2019