

Swedish Massage

Swedish Massage is one of the most popular forms of massage therapy. It targets superficial layers of muscles and aims to relieve muscle tension. Techniques involved include effleurage, petrissage, friction and tapotement. The pressure is soft to medium. Swedish massage can be used before or after exercise.

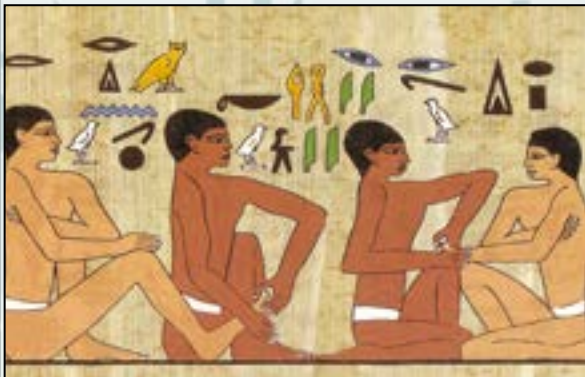
Suitable for people who like soft pressure or have poor circulation are experiencing stress or muscle tension.

Bigfoot Foot Massage

Benefits:

- Relief of tension in muscles and tendons of feet and legs
- Reduction of muscle spasms and cramps
- Improved circulation
- Reducing swelling of feet
- Stimulate internal organs
- Relaxation and a feeling of well being

The oldest documented evidence of reflexology practise, was found in a physician's tomb in Egypt. Dated 2500BC-2330BC, the painting shows medical practitioners treating the hands and feet of patients.



Massage Treatment Price List

Bigfoot Deep Tissue Massage	30m	\$55
Reflexology Massage (foot)	45m	\$75
Swedish Massage	60m	\$90
	75m	\$110
	90m	\$130
	120m	\$170
Remedial Massage (by appointment) (before health fund rebate)	30m	\$70
	45m	\$90
	60m	\$105
	75m	\$125
	90m	\$150
Pregnancy Massage (by appointment)	30m	\$70
	45m	\$95
	60m	\$105
	90m	\$150
Holistic Therapeutic Massage (by appointment)	90m	\$195
	120m	\$245
Hot Stone Therapy (by appointment)	90m	\$195
	120m	\$245
Zhang Fu Tui-na* (by appointment)	45m	\$105
TCM Consultation (by appointment)	10-30m	\$50
Acupuncture treatment (by appointment)	30m	\$100
	45m	\$150
Cupping (by appointment)	15-30m	\$75
Scraping (by appointment)		

Thanks for being our customer!
If you think we are worth it,
please share this with your friends



Professional Massage
Health Centre

Open 7 Days
10am-7pm



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Bigfoot Deep Tissue Massage

A lifetime of practise and professional development combined with client feedback, have resulted in development of Bigfoot Deep Tissue Massage. Bigfoot sets itself apart, with in-house training to select and combine multiple techniques in one movement, for maximum benefit. Years of training, development and client involvement resulting in posture, balance and body position, applied for brilliant effect.

Modern life involves working excessively with mobile phones, computers and other devices. Consequently, stiff neck, shoulder tension, headaches and poor posture are common afflictions. Incorrect exercise or over exercising to remedy these afflictions, creates imbalance and can exacerbate the issues. Over contraction of muscles creates circulatory problems, pinched nerves.

Deep tissue massage is suitable for people who like medium to firm pressure. Bigfoot Deep Tissue Massage varies between 30, 60, 90 & 120 minutes. The length of massage depends on your needs and our ability to help you achieve maximum benefit.

Assist:

- Frozen shoulder, lower back pain, sciatica pain, stiff neck & shoulder, headaches & muscular tension

Benefits:

- Elimination of blockages that cause muscle tightness
- Increases circulation
- Increased ranges of motion and improved functioning of muscles and joints
- Can alleviate many chronic pain patterns
- Improved functioning of internal organs

Zhang Fu Tui-na

Zhang Fu Tui-na uses acupressure points. A massage focusing on stomach, lower back, feet and around the spine, unblocking muscle tension and Qi flow, to improve internal organ function.

Suitable for people experiencing menstrual issues, bloating and digestive problems.



Remedial Massage

Remedial massage is the manipulation of soft tissue, to provide relief from conditions such as chronic pain, acute muscular pain, muscle tension, mental or emotional stress, second and third trimester issues, sports injury recovery. Remedial massage can also have preventative benefits, improving ranges of motion and functioning of muscles and joints. Techniques used involve trigger points, acupressure points, myofascial release, muscle energy techniques, positional release techniques and neuromuscular techniques.

Please refer to your Private Health Insurer, to see how much rebate you are offered, for Remedial Massage Therapy.

Pregnancy Massage

Pregnancy massage is suitable for mums to be, after their first trimester. The pressure used is light.

Holistic Therapeutic Massage

A head-to-toe full body therapeutic massage adopting acupressure points, for assisting insomnia, menstrual problems, digestive problems, mental stress. We recommend only 90 minute or 120 minute sessions for this massage.

Hot Stone Massage

Suitable for muscle tension, chronic pain, frozen shoulder, stiff neck, poor circulation and period pain.