

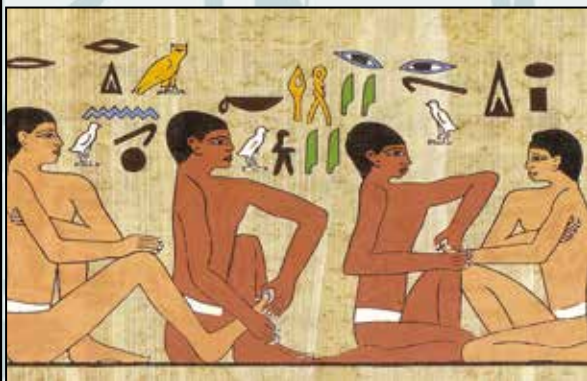
Bigfoot Deluxe Foot Massage

Bigfoot offers a foot massage that isn't just relaxing, it also benefits in a therapeutic way. Our foot massage includes manual lymph drainage techniques (of the foot and also the lower leg) removing toxins generated by poor posture, uncomfortable footwear or long hours standing.

We treat pressure points and stretch to release muscle tension of the legs and feet.

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 Deluxe Deep Tissue	30m	\$45
Reflexology	45m	\$65
Swedish	60m	\$80
	75m	\$100
	90m	\$115
	120m	\$150
Remedial Massage (with health fund rebate) (by appointment)	30m	\$60
	45m	\$80
	60m	\$95
	75m	\$115
Pregnancy Massage	45m	\$70
	60m	\$90
	75m	\$110
	90m	\$125
Bigfoot Deluxe Relaxation (by appointment)	90m	\$165
	120m	\$195
Hot Stone (by appointment)	60m	\$90
Aromatherapy (by appointment)	90m	\$125
Ear Candling (by appointment) With back scrub, face and head massage	60m	\$90
Zhang Fu Tui-na*	45m	\$100
Pre-pregnancy Massage*		
Post-pregnancy Massage*		
Massage for frozen shoulders*		
Massage for acute chronic headaches*		
*First treatment requires TCM consultation by appointment		
TCM Consultation (by appointment)	30m	\$50
Chinese herbs \$5-10 per bag		
Acupuncture treatment	30m	\$75
	45m	\$120
	60m	\$150
Cupping (by appointment)	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-9pm



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Perth WA 6000

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www.bigfootmassage.com.au

Bigfoot Deluxe Deep Tissue Massage

Twenty years of practise and professional development, combined with client feedback have resulted in development of Bigfoot Deluxe Deep Tissue Massage. Bigfoot sets itself apart by combining Chinese technique, Thai Yoga Massage, Trigger point and our in house Chinese Abdominal Massage.

We not only focus on the muscular system, but also on internal wellbeing, reducing lower back pain and balancing the hormonal system to achieve maximum benefits.

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, neck, arm, headaches & muscular tension

Benefits:

- Elimination of blockages that cause muscle tightness
- Increases circulation of blood & lymph fluids
- Can alleviate many chronic pain patterns
- Improved functioning of internal organs

Bigfoot Deep Tissue Massage, safe for everyone?

As with most treatments, deep tissue massage is not appropriate for everyone.

Massage should not be done directly over bruised or inflamed skin, open wounds, tumours, recent fractures, hernias, rashes or skin diseases.

It should be avoided by:

- People with cardiovascular problems or heart conditions.
- Pregnant women
- Osteoporosis sufferers
- People recovering from surgery
- People undergoing or recovering from chemo therapy or radiation therapy



Zhang Fu Tui-na

Zhang Fu Tui-na was originally used in China by the emperor's family using Traditional Chinese Medical theory. It is a whole body massage focusing on internal organs (lung, liver, heart, intestines, uterus) which helps to re-balance hormone levels, detoxifies, and unblocks Qi flow to improve internal function.

Benefits:

- Helps with breathing problems
- Improves menstrual cycle problems
- Boosts immune system function
- Maintain & improve health
- Deep relaxation of the mind & muscles

Bigfoot Deluxe Relaxation Massage

This unique powerful healing & deeply relaxing top to toes full body massage requires a one & half hour or two hour session with essential oils & hot Chinese herbs pad to achieve maximum results;

Head & facial massage (10 or 20 minutes)

- This technique follows the facial and neck muscle's direction to tighten and lift the skin
- Applied pressure on the head, face and neck to help reduce stress, relieve headaches and refresh the mind

Abdominal massage (10 or 20 minutes)

- Our unique technique to release abdominal gas and improve digestive function
- Helps reduce fat cells stored in the abdominal area
- Reshapes the abdomen
- Assists with breathing problems and improves internal organ function
- Alleviate menstrual cycle problems

Foot massage (10 or 20 minutes)

- Helps balance and harmonise the body, mind and spirit

Body massage (60 minutes)

- Helps reduce physical tension and emotional stress
- Removes toxins and waste products from muscles
- Stretches tendons and ligaments for suppleness
- Reduction of swelling caused by an accumulation of fluid in tissues
- Improved circulation, lymphatic drainage and mobility
- Regain youth and reshaping the body