

## REMEDIAL MASSAGE

**Divine** Remedial Massage aims to relieve your pain & discomfort and restore healthy posture & movement.

Following consultation & assessment with you, remedial therapies are used as agreed.

Techniques used may include:

- trigger point therapy
- lymphatic drainage
- myofascial release
- Swedish massage
- positional release
- foot mobilisation
- ortho-bionomy
- reflexology
- MET / PNF
- TTYM

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Remedial Massage  
Clinical Aromatherapy  
Professional Reflexology



## 29 JOHN ST, KINGSTON

Easy Parking  
Eftpos Hicaps  
Health Fund Rebates

Cancellations or re-scheduling within 24 hours of appointment may incur the full fee.



**MASSAGE**  
**REFLEXOLOGY**  
**AROMATHERAPY**

Sports  
Remedial  
Relaxation  
Foot Mobilisation  
Lymphatic Drainage / Detox  
Traditional Thai Yoga Massage

**USING ONLY**  
100% Pure, Natural & Complete  
Therapeutic Grade Essential Oils



### FOOT MOBILISATION

There are many bones & joints in the foot. If any of these are out of position or not working smoothly, this can result in foot pain as well as muscle & joint pain further up the body.

Foot mobilisation works to gently help restore normal foot function which in turn will improve related musculoskeletal issues.

### LYMPHATIC DRAINAGE MASSAGE

Lymphatic vessels carry waste products within our bodies to be eliminated.

Lymphatic drainage uses specialised massage techniques to gently assist this natural process.

Lymphatic drainage is excellent for general body maintenance, detoxification & rehydration. It also eases oedema, swelling, bloating, constipation & stress.



### REFLEXOLOGY

The connections between our feet and physical, mental & spiritual health are recognised in Egyptian, Chinese, Japanese, Indian & North American Indigenous cultures, as far back as 2500 BC.

Skilful techniques are applied to specific points on the feet which correspond to areas or systems in the body.

Divine Reflexology treatments produce a sense of profound relaxation. It is in this state that stress levels are reduced, helping the body to heal itself.

Other benefits include improved:

- circulation
- energy levels
- sleep patterns
- emotional stability
- sports preparation & recovery



### MASSAGE & AROMATHERAPY

Essential oils are blended according to your preferences and physical, emotional & spiritual needs.

These custom Aromatherapy blends are applied using holistic techniques tailored specifically for you, for example:

- reflexology
- remedial massage
- relaxation massage
- lymphatic drainage massage

### TRADITIONAL THAI YOGA MASSAGE

Originating from northern India 2500 years ago, TTYM is a beautiful therapy which stimulates the free flow of Prana (life energy).

TTYM combines acupressure & muscle stretching along energy lines with supported Yoga poses.

The session is carried out on a large comfy mat with the receiver wearing loose / stretchy clothes.

