



In this issue

Did you know...

Trigger Points

Water Retention

Aromatherapy - Oils ain't oils

Treatment Menu

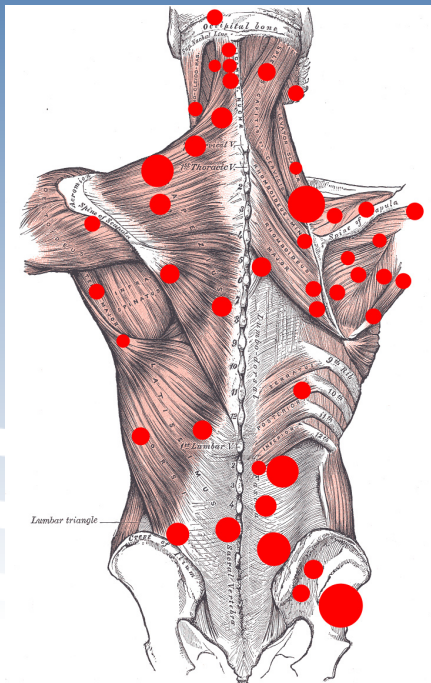
Did you know..

January 1809 - Louis Braille was born in France. Blinded as a boy, he later invented a reading system for the blind using punch marks in paper.

It is inspiring to hear of stories where people focus on the ability in their "dis"ability. I have a number of patients who have suffered severe injuries and rather than feeling sorry for themselves they inspire others with their progress. Thank you for being role models to the rest of us.

For appointments please contact Andrea on 0423 620 320
<http://www.remedialtherapiessa.com.au>

Trigger points



Trigger points are little “knots” that develop in muscles when they are overworked or injured. Have you ever had a massage and come across some tender spots or “knots”? Or have you had pain behind the eye and found that a spot at the back of your head relieves the pain? If the answer to either of these was “yes”, then you have more than likely come across an active trigger point. There are more than 400 trigger points in the body and thankfully for most of us, not all of them are active all of the time. A Deep Tissue massage addresses trigger points and although it is commonly believed that without pain there is no gain, in a deep tissue massage, that is not so. The “pain” you feel should never be more than a comfortable discomfort. Anything more than an 8 on a pain-scale of 1 to 10 is too much and you should tell your therapist. By massaging trigger points, lost flexibility and strength can be restored.

Water retention

Water retention, Oedema, Fluid retention, there are many names for it but the effects are the same, particularly during this hot weather: Heaviness or swelling particularly in legs, feet, arms or hands. A lot of my clients suffer from it. So what can be done about it? Firstly, I would recommend that any major medical conditions be excluded, so a visit to your GP is recommended. If it is seasonal then believe it or not, you may need to increase your water intake as this may assist your kidneys in flushing out excess fluid. Secondly, Bowen Therapy and Oedema massage are both very effective in relieving symptoms. If you are suffering from water retention in summer, come and have a chat to me to see what I can do for you.



For appointments please contact Andrea on 0423 620 320
<http://www.remedialtherapiessa.com.au>



Aromatherapy – oils ain't oils

I often get asked which oils I use for aromatherapy massage, so here is my “secret”:

I use dōTERRA™ essential aromatherapy oils in a carrier (base) of dōTERRA™ fractionated coconut oil (for body massage) or Jojoba oil (for face massage).

dōTERRA™ oils are 100% pure essential oil extracts that meet high standards for both purity and material composition .

dōTERRA's™ CPTG (Certified Pure Therapeutic Grade) do not contain fillers or artificial ingredients that would dilute their active qualities. They are free of any contaminants such as pesticides or other chemical residues. They are free of synthetic compounds or contaminants. And they are the safest and most beneficial essential oils available today.

I believe in providing my clients with a service second to none, and this goes right down to the products I use. So why are my prices more affordable than day spas ? Because I want everyone to be able to enjoy the benefits of a Massage and/or Bowen Therapy .

Treatment Menu

Relaxation (Swedish) massage

\$30 half hour
\$60 full hour

Bowen Therapy

Initial consultation and treatment \$90

Follow up visits half hour \$30 full hour \$60

(You may be eligible for a rebate through your private health fund)

Aromatherapy Massage

Add \$10 to your choice of massage