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## Wine and roses..

It is always nice to get feedback (positive and negative) from clients as this enables me to provide you with the best possible service. It was particularly nice just recently to receive a text message from one of my clients saying her prosthodontist was so impressed with the improvement in her jaw after my treatment he asked for my name and number.

So let me know how you're going after your treatment. I really do care.

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

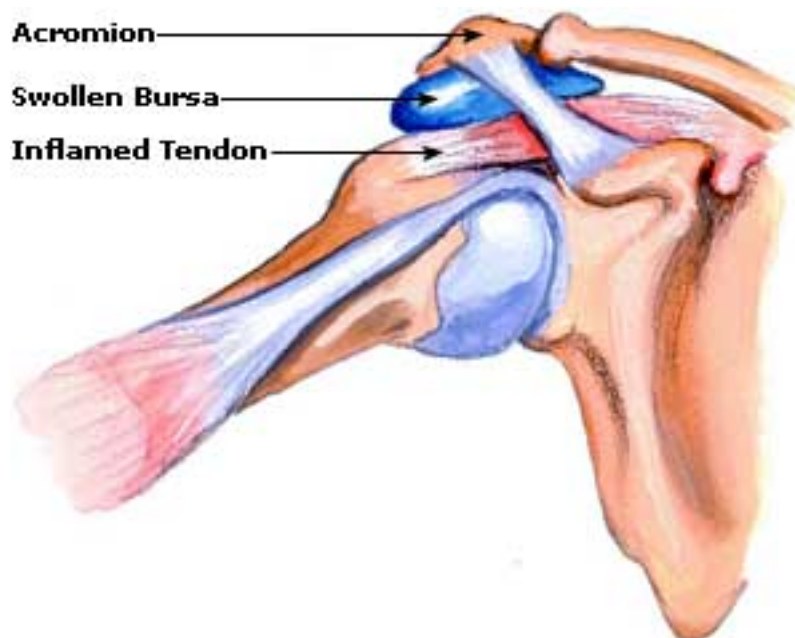
# Bursitis

I have been treating more patients with bursitis in the last two months than ever before. What is Bursitis? In short, it is an inflammation of the bursa, which is a small sac of fluid located where muscles and tendons move across bone. Healthy bursae create a smooth surface which makes normal movement painless. If a bursa becomes inflamed, ie Bursitis, then movement becomes stiff and painful.

The most common causes of bursitis are repetitive movement and/or excessive pressure. Bursitis is not discriminating and it can occur in anyone from the physically active to the sedentary office worker, young and old, male and female.

Most commonly affected are shoulders, hips and knees and elbows.

It is important to rule out any infections, and some patients will respond quicker to treatment than others, but all in all bursitis is a condition that can be successfully treated with Bowen therapy.





## Aromatherapy – Deep Blue (proprietary blend)

Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomile, Helichrysum and Osmanthus are the oils that make up this incredibly powerful oil. These oils are all well known and frequently studied for their abilities to soothe inflammation, and reduce pain.

I frequently use this oil blend in massages for my clients with arthritis, bursitis, and muscular aches and pains, and I have had only good feedback from them. Almost everyone comments on the surprisingly pleasant smell as they compare it to a less pleasant smelling cream available on the market.

After using it on so many clients with good results, it is amusing that I had not thought of using it on my own recent knee injury until one of my clients suggested it. When I did, the relief was almost instant.

This oil blend also comes in a cream /lotion which makes it easy to carry around in a sports bag and apply before or after training or sporting events. Yes I now carry the cream with me in my gym bag!

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### Treatment Menu

There are different types of treatments available, and your therapist can assist you in determining which treatment is best suited to your needs.

Treatments offered are: Bowen Therapy, Relaxation (Swedish) Massage, Deep Tissue Massage, Remedial Massage, Sports Massage .

\$50 half hour

\$80 one hour

Initial consultation and treatment \$90

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

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