**How does a Massage benefit us?**

**Sports massage**

Remain injury free & improve your performance by assisting muscles back to their normal resting length therefore improving strength and flexibility.  
Deep tissue massage to realign muscle fibres and eliminate trigger points.  
Speed up your recovery between training sessions and events by flushing out metabolic waste.

**Therapeutic/remedial massage**

Reduce the incidence of headaches and migraines.  
Resolve your lower back pain.  
Improve your posture and become pain-free.  
Eliminate "mouse" shoulder and neck pain from poor desk posture.  
Eliminate referral pain such as Sciatica and arm pain.  
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**Relaxation massage**

Scheduled time-out for you.  
De-stress and reduce your muscle tension.  
Quieten your mind and assist in a good night’s sleep.