

SPECIAL

NEW CLIENT DISCOUNTS

1ST VISIT 10% OFF

2ND VISIT 20% OFF

3RD VISIT 25% OFF

Pensioner and student discounts also available.

THIS OFFER IS VALID FOR
TWO MONTHS AFTER YOUR FIRST VISIT

OUR HOURS

MONDAY	10.00 AM - 5.00 PM
TUESDAY	10.00 AM - 6.00 PM
WEDNESDAY	10.00 AM - 6.00 PM
THURSDAY	10.00 AM - 7.00 PM
FRIDAY	10.00 AM - 7.00 PM
SATURDAY	10.00 AM - 2.00 PM
SUNDAY	CLOSED

Earlier appointments available on request.



Sandy Disney

REMEDIAL MASSAGE THERAPIST



GIFT CARDS AVAILABLE ONLINE

Pamper your family, friends and loved ones with a great gift card, ideal for all occasions.

afterpay

HICAPS



Northland



onthegomassagetherapy.com.au

2/50 Murray Road Preston Victoria 3072.

enquiries@onthegomassagetherapy.com.au

0436 397 478

Remedial

Sports

Relaxation

Reflexology Style

Lymphatic Drainage

Facial Massages

Special Packages

Gift Cards

See our website for details.

BY APPOINTMENT ONLY

PRICE LIST

INITIAL CONSULTATION FEE (60 MINS) \$100

45 Min	\$90.00
60 Min	\$130.00
90 Min	\$150.00
120 Min	\$180.00

PLEASE NOTE PRICES AND SPECIALS ARE SUBJECT TO CHANGE

NOTIFICATION OF CANCELLATION WOULD BE APPRECIATED
24 HOURS PRIOR TO APPOINTMENT
OTHERWISE CANCELLATION FEE APPLIES

Sandy Disney

QUALIFICATIONS

CERTIFICATE IV IN MASSAGE THERAPY DIPLOMA IN REMEDIAL MASSAGE THERAPY

SPECIALISING IN:
REMEDIAL MASSAGE
SPORTS MASSAGE
CUPPING TECHNIQUE
SWEDISH MASSAGE
ORIENTAL MASSAGE
RELAXATION MASSAGE
TRIGGER POINT TECHNIQUE
REFLEXOLOGY STYLE
MANUAL LYMPHATIC DRAINAGE
FACIAL MASSAGE

BENEFITS OF MASSAGE

MASSAGE THERAPY

Massage Therapy of the oldest forms of healing known to mankind. It continues to grow in popularity because it is safe, effective and it respects the bodies natural healing powers and can assist in many different ways.

MASSAGE HELPS WITH:

REDUCE MUSCLE PAIN AND TENSION

RELIEVE STRESS AND RELATED SYMPTOMS

IMPROVE CIRCULATION AND LYMPH DRAINAGE

TREAT AND PREVENT INJURY

PRE AND POST EVENT TREATMENTS

REPAIRS INJURIES AND BREAKS DOWN SCAR TISSUE

HELPS REMOVE TOXINS AND WASTE FROM SYSTEM

IMPROVES SLEEP

PROVEN STUDIES

Studies have acknowledged the benefits of massage with conditions such as sciatica, neck and shoulder tension, RSI, tennis elbow, arthritis, cramps, muscle degeneration and many more.

**RELIEVE MUSCLE SORENESS,
ALLEVIATE PAIN AND INCREASE MOBILITY**

MASSAGE STYLES AND TECHNIQUES

REFLEXOLOGY STYLE

Is a massage therapy used to relieve tension and treat illness, based on the theory that there are reflex points on the feet, hands, and head linked to every part of the body.

CUPPING

Is the process of drawing blood from the body by scarification and the application of a cupping glass, or by the application of a cupping glass without scarification, as for relieving internal congestion or for loosening and stimulating the muscles.

SCIATICA

Massage's main benefit for sufferers of sciatica is soothing tight, sore or tense muscles. This is because when muscles are tight, they put added pressure on your nerves. Therefore, massage can resolve sciatica symptoms by relaxing the muscles surrounding the sciatic nerve.

RELAXATION

A relaxation massage is a smooth, gentle treatment that relieves muscular tension, increases circulation, and promotes a general sense of relaxation. Sometimes clients fall asleep during a relaxation massage.

NECK TENSION & HEADACHES

Massage Headaches can be a very beneficial form of a headache treatment. Loosening up tension in neck, head and shoulders, stretching out tight and shortened muscles as well as eliminating trigger points is crucial in releasing a headache. By increasing a blood flow, a boost of oxygen and nutrients is also provided. Persistent neck muscle spasms may need a referral to Medical Practitioner.

ORIENTAL & SWEDISH

Oriental Massage focuses on energy points in the body and is often used to improve circulation.
Swedish Massage focuses on traditional techniques to relax the muscles..