

massage menu



Trigger Point Massage A specific massage utilised to alleviate restriction in the body by concentrating on areas that are tight or sore, and possibly experiencing loss of strength and range of movement. The aim is to release restriction in the body to release restriction in life. Trigger points are the nodules that can be felt within the muscle, often lying dormant for years until you become run-down, when they can surface for no apparent reason.

Reflexology A foot treatment, that connects with the entire body. Reflex points are massaged, stimulating the internal organs, and relaxing the muscles. In conjunction with a reflex massage of the head, this massage brings the opposite poles of the body into harmony.

Remedial massage Usually used to work on tense muscles, this is a firmer massage that works into muscle fibres, breaking up muscular adhesions that brings about the burning sensation you feel after a long day. This massage also aids in the structural integrity of the body, as tight muscles are the cause of joint dysfunction.

Relaxation massage For most, this massage is the starting point. The pressure is light to moderate, and is stimulating to the muscles and lymphatic system, allowing relaxation and cleaning to take place. With massage it really boils down to what you would like to achieve. What do you want to get out of your session(s)? Is it a better night's sleep, a desire to attend to that sore shoulder that has been bothering you for years, or to find out something more about yourself? Perhaps even to assist your golf, tennis, work, or life in general? to specific parts of the body. Pressures on these points activate certain areas resulting in a general feeling of well being.

Hot Stone Massage is a style of massage therapy in which water-treated stones are placed at specific sites on the body to promote deep relaxation. Heated basalt stones are used to deeply penetrate the muscles resulting in eased tension, healing and overall balance.

Cost of Treatments

Massage

1/2 hour = \$70

45 mins = \$85

1 hour = \$100

75 mins = \$115

90 mins = \$130

Hot Stone Massage

1/2 hour = \$90

45 mins = \$105

1 hour = \$120

Bookings are essential, please contact the 'Experience Desk' for more information.



eco BEACH™

retreatresortrejuvenate

broome western australia