

# JJ Massage Treatments



- Deep relaxation
- Release of tension/stress in the muscles
- Release of knots and regions
- Stimulates circulation
- Removes waste toxins
- Improves muscle cells to repair tissues
- Increases range of movement
- Injury repair/Reduce scar tissue



## Hot Stone Massage -

- Manages stress, improves health conditions
- Muscle relaxation, relieves pain
- Increases blood circulation and energy
- Releases toxins from the body

## Swedish Massage -

A relaxation massage which is designed to help increase the oxygen flow in the blood to increase circulation and release toxins from the muscles, relieve stress and tension

- Flushes the body of lactic acid
- Removes unwanted toxic waste
- Increases circulation
- Stimulates the skin and nervous system
- Reduces stress both emotional and physical

## Prices for Swedish & Remedial

<b>Full Body :</b>	<b>60 mins</b>	<b>\$60</b>	<b>30 mins</b>	<b>\$ 65</b>
	<b>90 mins</b>	<b>\$90</b>	<b>60 mins</b>	<b>\$ 80</b>
<b>Neck, Back, Shoulders</b>	<b>30 mins</b>	<b>\$45</b>	<b>90 mins</b>	<b>\$110</b>
<b>Lower back, &amp; Legs</b>	<b>30 mins</b>	<b>\$45</b>		
<b>Shoulders</b>	<b>20 mins</b>	<b>\$35</b>		
<b>Hands &amp; Foreams</b>	<b>20 mins</b>	<b>\$35</b>		
<b>Feet &amp; Lower Leg</b>	<b>20 mins</b>	<b>\$35</b>		



## Remedial Massage -

A deep tissue massage to work into the thicker muscles and fibres. Used to help break down and eliminate scar tissues, loosen muscles, improve circulation and remove waste products/toxins from the body



## Sports Massage -

To prevent and relieve injuries and conditions associated with exercise/pre-post event, increase sports performance

<b>30 mins</b>	<b>\$ 45</b>
<b>60 mins</b>	<b>\$ 60</b>
<b>90 mins</b>	<b>\$ 90</b>