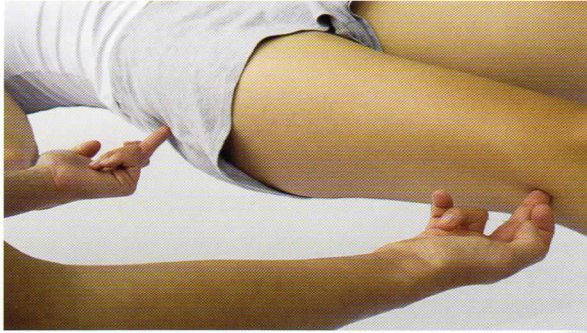


EMMETT TECHNIQUE

The Chameleon Approach to Body Therapy



The Emmett Technique is a unique body therapy created by Ross Emmett. It is a recognised technique used to ease pain and discomfort, increase movement and improve quality of life.

How does it work?

The Emmett Technique is an understanding of the body's response to light touch. It has been suggested that the body reacts in a similar way to the workings of a touch-screen. Small sensors allow access to the brain via the therapists' touch. As well as the ability to directly influence muscle action, these points may have a memory and emotional attachment.

Symptoms which have been relieved

- Neck and shoulder restriction and referred discomfort
- Lymphatic congestion and breathing
- Migraines or cluster headaches
- Abdominal cramps and bowel discomfort
- Persistent heel and foot pain
- Headaches, dizziness and sinus congestion
- Back and hip discomfort
- Knee and ankle restrictions
- Discomfort during pregnancy
- Fluid retention

And much, much more!!!



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What should you expect?

You may be asked some questions about your general health and the reason for your visit. Treatments may be done while you are fully clothed, although some garments may need to be removed or loosened. Treatment times may vary according to your therapist. While individual experiences may vary, relief is often instantaneous.

Can you use other therapies?

Yes. Emmett is a complete therapy but has the ability to work in combination to compliment other treatments. The technique often allows other therapies to work more efficiently. Client comfort and accurate assessments are important elements of this therapy.

About your therapist

As a professional practitioner, your therapist has been taught to quickly assess and has the ability to adapt to address your needs. You can find your local practitioner list on our website: www.rossemmett.com.au

Your local Emmett Technique Practitioner is:



Life Energy Remedial Massage

Tracey Carter
49 Strathconan Dr
Glenvale Qld 4350

For more information visit: www.rossemmett.com.au

The Emmett Technique offers courses for everybody

- EMM-Tech - Easy Muscle Management First Aid
- Practitioner course - the Chameleon approach to body therapy

The Emmett Technique

PO Box 564, Hyde Park, Townsville Q 4812

Photo: Sabine Melzer

