

## ATHLETIC SPORTS MASSAGE CANBERRA

There are no services for males without a written referral to Athletic Sports Massage Canberra from a GP or Physiotherapist that I know for upper body Chronic pain management only.

### Women's Health And Wellness Sessions!

Ray specialises in women's health and has over 20 years of experience in this field. If you are uncomfortable receiving care from a **male massage therapist** who specialises in women's health. I respectfully encourage you to seek support from another provider who better aligns with your comfort level, as my practice may not be the right fit for you.

### Muscle Management And Chronic Pain List

#### Basic Sports Massage

- \$100 - 60 Minutes Basic Sports Massage. (No Cupping)

#### Advance Sports Massage

- \$140 - 90 Minutes Advance Sports Massage with Myofascial Cupping
- \$180 - 120 Minutes Advance Sports Massage with Myofascial Cupping

#### Deep Tissue Mixed Therapy Release.

- \$100 - 60 Minutes Deep Tissue Mixed Therapy.

#### Functional Massage

- \$100 - 60 Minutes Functional Massage.

#### Targeted Remedial Massage

- \$70 - 30 Minutes Targeted Remedial Massage. **(No discount)**

Please be advised that if you are suffering from stress or chronic pain and need more than one 1-hour **Functional Massage or Somatic Healing for body stress management** sessions a week. Ray can give a discount on the **second session or both sessions if booked together**. If referred to him in writing by a GP for pain or stress management to Athletic Sports Massage Canberra, or if Ray sees you for that treatment, he will still give the discount without a letter from your GP, as you are a regular client.

## Healing Journeys



### Soothing Massage Therapy For Scars

- \$70 - 30 Minutes Massage For Scars.

### Lymph Wellness

- \$70 for a 30-minute lymphatic massage targeted.
- \$100 for a 60-minute lymphatic massage with more areas covered.
- \$140 for a 90-minute assessment & remedial mixed lymphatic massage.
- \$60 Written report, after the assessment and massage have been performed, you will receive the report in your email later that day.

### Healing Myofascial Cupping

- \$40 - 15 Minutes Cupping only.
- \$70 - 30 Minutes Cupping any part of the body that needs Cupping.

### Somatic Healing Is To Help Women Release Body Stress

- \$150 – 90-minute Experience: Indulge in a Luxurious Stress-Relief Journey for Body and Mind. Extensions may be offered where appropriate. “Your safety and comfort are our priority.”

**Safety Attention:** This treatment is recommended for clients whose bodies can safely accommodate the smaller table size and can turn over safely and have their arms beside them on the table when they are on their backs to get the full relaxation experience.”

Bundle & Save Next Page

**Packages are not for males!**

All packages are for individual use only and cannot be transferred or shared between other people, including family. Each visit must be signed off on at your appointment to keep track of sessions used and remaining

## Athletic Sports Massage Canberra now has Bundle & Save

Bundle & Save.

### SPORTS MASSAGE RECOVERY PACKAGES

1.5-hour Sports Massage — normally \$140 per session

Recover faster. Perform better. Stay injury-free.

Whether you're training hard, competing, or just staying active, consistent recovery is the key.

- ✨ **Buy 2 sessions → Save 10%**  
\$252 total (\$126 per session)
- ✨ **Buy 3 sessions → Save 15%**  
\$357 total (\$119 per session)
- ✨ **Buy 4+ sessions → Save 20%**  
\$448 for 4 sessions (\$112 per session)

All packages are for individual use only and cannot be transferred or shared between other people, including family. Each visit must be signed off on at your appointment to keep track of sessions used and remaining.

---

Take advantage of our discounted multi-session packages:

Normally, the 1-hour session is \$100

- **Buy 2 massages** and enjoy **10% off**  
\$180 total — \$90 per session
- **Buy 3 massages** and enjoy **15% off**  
\$255 total — \$85 per session
- **Buy 4 or more** and receive **20% off**  
\$320 for 4 — \$80 per session

All packages are for individual use only and cannot be transferred or shared between other people, including family. Each visit must be signed off at your appointment time to keep track of sessions used and remaining

**More on the next page**

## **Bundle & Save on Your Relaxation Somatic Healing Massage (1.5-Hour Sessions)**

Take advantage of our discounted multi-session packages:

Normally, the 1.5-hour session is \$150

- **Buy 2 massages – 10% off**  
\$270 total — \$135 per session
- **Buy 3 massages – 15% off**  
\$382.50 total — \$127.50 per session
- **Buy 4 or more massages – 20% off**  
\$480 for 4 — \$120 per session

All packages are for individual use only and cannot be transferred or shared between other people, including family. Each visit must be signed off at your appointment time to keep track of sessions used and remaining.

