

## **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 practitioner** 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.

#### **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 Eastern Massage for stress management** sessions a week, I can give a discount on the **second session or both sessions if booked together**. If referred to me in writing by a GP for pain management to Athletic Sports Massage Canberra, or if I see you for that treatment, I will still give the discount without a letter from your GP.

## 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.

### Eastern Style Massage For Body Stress Management

- \$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 be able to turn over safely and have their arms beside them on the table to get the full experience.”**