

2026 Price-list

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.

2026 Price Muscle Management And Chronic Pain List

Basic Active Recovery

- \$100 - 60 Minutes Active Recovery Massage.
• \$60 - 30 Minutes For Under 16 - Active Recovery Sports Massage.

Weekend Athlete Mid Recovery

- \$100 - 60 Minutes Mid-Performance Treatment.

Elite Athlete High Performance Recovery

- \$140 - 90 Minutes High-Performance Recovery.
• \$180 - 120 Minutes High-Performance Recovery.

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 session a week, I can give a discount on the second 1-hour Functional Massage. If referred to me in writing by a GP for pain management to Athletic Sports Massage Canberra.

