

ATHLETIC SPORTS MASSAGE CANBERRA

Women's Health And Wellness Sessions!

I specialise in women's health and have over 10 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 Massages

- \$100 - 60 Minutes Active Recovery Massage.
- \$60 Teens 30 Minutes Active Recovery Massage

Elite Performance Focused Massage

- \$100 - 60 Minutes High-Performance Treatment.
- \$140 - 90 Minutes High-Performance Treatment.

Athlete Peak Recovery Full Body Release Massage

- \$140 - 90 Minutes High-Performance Maintenance.
- \$180 - 120 Minutes High-Performance Maintenance.

Deep Tissue Mixed Therapy Release.

- \$100 - 60 Minutes Deep Tissue Mixed Therapy.
- \$140 - 90 Minutes Deep Tissue Mixed Therapy.

Functional Massage

- \$100 - 60 Minutes Functional Massage.
- \$140 - 90 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, even if it's just for two weeks in a row, I can give a discount on the second **1-hour Functional Massage** session and third session if within a 7-day week. If referred to me by a GP for pain management, or you can prove to me that you have chronic pain issues or stress situations within your lifestyle that are causing you stress.

Healing Journeys Price List



Soothing Therapy For Scars

\$70 - 30 Minutes Massage For Scars.

Lymph Wellness

\$70 for 30 Minutes lymphatic massage targeted.

\$100 for 60 Minutes lymphatic massage with more areas covered.

\$140 for a 120 Minutes assessment & remedial mixed lymphatic massage.

\$60 Written report if needed.

Healing Myofascial Cupping

- \$70 - 30 Minutes Cupping in any area needed. (No massage)

Light Relaxation Full Body Massage (Not for men)

\$100 for 60 Minutes.

Fearless Healing Session Done In The Way We Were Born

- \$150 - 120 Minutes Session. Meditation, Yoga-style stretching, balancing and relaxation, whole-body massage.

This session may not be suited to everyone as it's about openness!

Letting go, into a natural way of living, in the way we were born, is a sacred practice that invites us back to our most authentic state of being. It calls for the release of past grievances, unrealistic expectations, and limiting thought patterns, opening the heart to healing, renewal, and inner growth. Spiritual and therapeutic practices such as mindfulness, forgiveness, and presence support this process by helping individuals gently release emotional wounds and lingering burdens.