

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 for upper body Chronic pain management only.

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 - 30 Minutes For Under 16 - Active Recovery Sports 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.

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 in writing by a GP for pain management to Athletic Sports Massage Canberra.

Healing Journeys



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 90-minute assessment & remedial mixed lymphatic massage.

\$60 Written report if needed.

Healing Myofascial Cupping

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

Healing Relaxation Full Body Massage (Not for men)

- \$100 for 60 Minutes.

Whole Body Scrub & Relaxation Massage (Not for men)

- \$150 for 90-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.