

SIDE EFFECTS & RISKS

Massage therapy appears to have few serious risks if appropriate cautions are followed. A very small number of serious injuries have been reported, and they appear to have occurred mostly because cautions were not followed or a massage was given by a person who was not properly trained.

It is not recommended to have a massage therapy if you have one or more of the following conditions:

- Deep Vein Thrombosis (a blood clot in a deep vein, usually in the legs)
- A bleeding disorder or taking blood-thinning drugs such as warfarin
- Damaged blood vessels
- Weakened bones from osteoporosis, a recent fracture, or cancer
- Fever

If you have any of the following in an area that would be massaged:

- An open or healing wound
- Tumour
- Damaged nerves
- An infection or acute inflammation
- Inflammation from radiation treatment

If you have one or more of the following conditions, be sure to consult your health care provider before having a massage:

- If you are pregnant
- Cancer
- Fragile skin, as from diabetes or a healing scar
- Heart problems
- Dermatomyositis, a disease of the connective tissue
- A history of physical abuse

Side effects of massage therapy may include:

- Temporary pain or discomfort
- Bruising
- Swelling
- A sensitivity or allergy to massage oils

*A disclosure & declaration statement is discussed with your massage therapist, read & signed by the patient before any massage treatment is conducted

Massage therapy should not be used to replace your regular medical care or to delay seeing a doctor about a medical problem.

ABOUT THE CLINIC

BODYMETICS Spa is located at the quiet suburb of Beaumont Hills, Northwest of Sydney. It is an exclusive clinic for Women of all ages.

BODYMETICS Spa aim is to provide the best stress relief solution for women by using only the appropriate techniques & skills specific to each individual ensuring increased quality of life and enjoyment. This clinic is committed to quality care and improvement of health for all women.

5 Reasons why you should consider having a massage at BODYMETICS Spa:

- Massage is tailored according to your requirements. Providing a personalized approach and ongoing commitment to achieving your goal for the purpose of healthy lifestyle living.
- The massage selected gives you excellent value for money and backed up by **100% Money Back Guarantee** if you are not happy with the treatment outcome, your massage treatment is absolutely FREE.
- Apart from the reasonable price offered, and 100% money back guarantee, majority of health funds rebate are available.
- Massage therapist is highly qualified professional with a Diploma in Remedial Massage and an accredited member of ATMS, highly recognized peak body complimentary alternative medicine & massage association in Australia.
- Ongoing commitment to give you regular updates on health and lifestyle management to assist you in your journey to a healthy lifestyle living.

Make an appointment
0424 378 993
info@bodymeticsspa.com
bodymeticsspa.com

3 Redbourne Grange Beaumont Hills
NSW 2155
ATMS accredited member
Health fund rebates available

Massage Therapy for Women



Massage Therapy Information

Appointment
0424 378 993
bodymeticsspa.com

WHAT IS MASSAGE THERAPY?

Massage therapy is a practice that dates back thousands of years. In Australia, two thirds of our population use some form of complementary medicine each year, and in 2016 the expenditure on alternative therapies alone was approximately \$AUD4.2 billion.

Massage therapy is used for various health related reasons:

Relieve **Pain** (often from musculoskeletal conditions)

Reduce **Stress**

Increase **Relaxation**

Address feelings of **Anxiety and Depression**

Enhance **General Wellness or Well-Being**

This holistic approach has increased in acceptance and popularity and emerging as part of the new lifestyle natural health management regime.

Massage therapy has been shown to have many positive benefits on both physical and mental health in addition to our ongoing medical treatments.

Stress, anxiety and depression can have serious consequences for our psychological and physical health. It is in this context that massage therapy can play a significant therapeutic role.



HOW MASSAGE THERAPY MIGHT WORK?

Scientists are studying massage to understand what effects massage therapy has on patients. When certain forces are applied to the muscles, changes occur in the muscles.

Massage therapy enhances relaxation and reduces stress. Stress makes some diseases & conditions worse.

There are many more aspects that are not yet known or well understood scientifically. Here are some of these theories:

- Provide stimulation that may help block pain signals sent to the brain (the "gate control theory" of pain reduction).
- Stimulates and increases blood circulation throughout our body. It then brings oxygen, nutrients into the muscles, removing acids and waste products.
- Shift the nervous system away from the sympathetic and towards the parasympathetic. The sympathetic nervous system helps mobilize our body for action. When we are under stress, it produces the fight-or-flight response, heart rate and breathing rate go up, for example; blood vessels narrow; and muscles tighten. The parasympathetic nervous system creates what some call the "rest and digest" response, heart rate and breathing rate slow down, for example; blood vessels dilate; and activity increases in many parts of the digestive tract.
- Stimulate the release of certain chemicals in the body, such as serotonin (regulates mood, sleep & learning) & Dopamine (regulates emotion, perception & movement). These are hormones that makes us feel good.

There are specific physiological and psychological changes during a massage treatment particularly if used as a preventative and ongoing treatment therapy. If done correctly, the effects on the body's systems can be profound, directly impacting the immune, digestive, respiratory, circulatory, nervous system, muscles and more.



MASSAGES OFFERED

Relaxing Massage
60 minutes \$ 85.00

Ideal relaxation therapy for the stressed out working person. It combines slow & light stroking in one direction with deep pressure in another direction. This technique includes kneading, slow & long strokes and circular pressure, effleurage & petrissage. It mainly loosens the muscles and eases aches and pains for the purpose of relaxation, rehabilitation and health support.



Deep Tissue Massage
30 minutes \$ 50.00

Is a combination of remedial, therapeutic massage techniques and application of deep tissue techniques, with faster stroking motion and more direct pressure on a specific area only. It deals with pain associated with soft tissue dysfunction and focusing on the inner muscles and connective tissues. Direct trigger point pressure to painful, irritated areas of the muscle is applied to release tensions and break cycles of spasms and pain.

Aromatherapy Massage
90 minutes \$ 99.00

Using essential oils that will benefit the individual during the massage application. The essential oils and techniques used are tailored according to the requirements of the client. It combines relaxing massage strokes, deep tissue manipulation on specific area. Essential oils used in the massage helps relaxes, balances and harmonizes the mind and body.

