

relaxationmassage

Relaxation or Swedish massage is a smooth flowing style that helps reduce stress, improve circulation and range of movement, eases and tones muscles, provides the deep relaxation that allows our mind and body to recharge and rejuvenate.



craniosacraltherapy

Is a gentle, light touch technique used to release pain, tension and restrictions in the body. The practitioner gently works in the spine and skull tuning into the subtle rhythms and movements of the body allowing it to unwind.



Lisa has a diploma in remedial massage lymphatic Drainage and craniosacral therapy.

Lisa practices in her own clinic 3 days a week, one day with Barwon Health in the Aged Care and every Friday in an Osteopathic Clinic in Torquay.

1 hour massage \$80.00

- Gift vouchers available
- Health rebates
- Work cover accredited
- Member of the Australian Association of Massage therapists
- Member of the Australian Lymphodema Association



SURFCOAST
M A S S A G E

Phone Lisa: 0438 668 878
for an appointment

www.surfcoastmassage.com.au



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- Remedial Massage
- Deep Tissue
- Sports Massage
- Lymphatic Drainage
- Relaxation Massage
- Pregnancy Massage
- Craniosacral Therapy



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