



Synergy

Wellness for Mind, Body, Soul & Skin

45 – 47 Haig Street,
Heidelberg Heights, VIC 3081

0488 99 99 58
synergymbss@gmail.com

Open 7 Days
By Appointment Only

Health Rebates and
Workcover Accredited
(Myotherapy and
Remedial Massage Only)

Relaxation Massage

30, 60 & 90 Minutes

Exposure to constant stress over time has a wearing effect on the body and lowers our resistance to disease. Relaxation Massage aims to bring complete relaxation to the whole body.

With many benefits such as decreasing muscle spasm, relieving muscle tension and improving the general circulation and nutrition of the tissues, Relaxation Massage also allows you to release negative emotions that your physical self has been harbouring, sometimes unknowingly. By bringing the body back into balance, you will be better able to cope with the challenges of day to day life.

Relaxation Massage techniques are slow, rhythmic and flowing to relax not only the body but the mind as well.

