



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)

Remedial Massage

30, 60 & 90 Minutes

Remedial Massage is aimed at a specific complaint and helps to restore function to injured soft tissue (muscles, tendons and ligaments). Conditions such as back and neck pain, sporting injuries, stress induced headaches and tennis elbow can be treated with Remedial Massage.

The Benefits of Remedial Massage

Short term effects are:

- Increased blood flow, both in the area being massaged and generally
- Increased lymphatic flow to and from the area treated. This helps to reduce pain, swelling and inflammation and speeds up the body's own healing process
- Decreased stress and tension. These factors which are known to hinder healing or slow it down, and cause problems of their own
- Reduce muscle pain and tension
- Increase muscle tone

Long term effects are:

- Improved general circulation
Breaking down of scar tissue, restoring elasticity to the muscle tissue and joints
- Greater mobility within the joints of the body
- Overall relief of stress
- Helps to prevent further injuries to the same area

