WHY CHOOSE MASSAGE?

- ✓Speeds up the Healing Process from Injury and Illness
- ✓Improves Lymphatic Drainage of Metabolic Wastes
- ✓Relieves Stress, Depression, Anxiety and Irritation
- ✓Increases ability to Focus, Adjust and Concentrate
- ✓Improves sense of Well-Being
- ✓Reduces Inflammation
- ✓Loosens Tight Muscles
- ✓Stretches Connective Tissues
- ✓ Improves Stiff Joints and Range and Joint Mobility
- ✓Relieves Cramps and Muscle Spasms
- ✓Stimulates Blood Circulation
- ✓Calms the Nervous System
- ✓Increases Muscle Strength
- ✓Firms up Muscle and Skin Tone

The results speak for themselves.
Massage offers support on all
Physical, Mental & Emotional levels.

Body Moves

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For Your

REMEDIAL

Emmett, Sports and Healing Treatments

WHAT IS INFLAMMATION?

Inflammation is the body's attempt to self-protect. The aim being to remove harmful stimuli, including damaged cells, irritants or pathogens so it can begin the healing process. Inflammation does not mean infection, even when infection causes inflammation. Infection is caused by bacterium, virus or fungus, while inflammation is the body's response to it.

BENEFITS OF MASSAGE

The reason why our body responds so well to Massage is that Touch is one of our main senses. It allows us to get to the cause of problems and is a proven way to combat muscle tension, improve mental and physical relaxation, blood circulation, range of movement, sense of well-being, quality of sleep, lymphatic drainage, firming muscle and skin tone, relieves symptoms of most disorders and the gift of just receiving.

YOUR LOCAL THERAPIST

Right here on your doorstep. No need to travel far to get the service and treatment your body is looking for. Offering Massage for Relaxation, Sport Specific, Remedial, Work related Pain or Stress, Pregnancy - pre/post, General or for specific Ailments.

STRESS RELIEF

Massage treatment triggers the release of a hormone called serotonin, a natural anti-depressant, leaving you feeling calmer, more focused and relaxed.

WHAT AGE IS RIGHT?

Massage brings benefits to ALL ages. There is no age restriction, but you may need parental consent if under the age of 16.

ALSO INCORPORATING

- ✓Emmett Lymphatics
- ✓Neuro-Vascular Points
- ✓Emotional Freedom Tech.
- ✓Meridian Work
- ✓Reiki
- ✓SFEF Kinesiology
- ✓Emmett Technique
- ✓doTERRA Essential Oils
- ✓Relaxation
- ✓Stretches & Exercises
- ✓Individual Assessments

DOING WHAT I LOVE

Practising Yoga, walking my dog and going into the beach regularly allows me to breath, reset my body and appreciate all that I have. I love playing music that motivates and inspires me and sometimes to relax me. In turn, it allows me to express myself confidently and share my craft with the beautiful people that I see on a regular basis or not so regularly.

Being in the Health and Fitness Industry for over 24 years and allowing myself to follow my hearts desires through my personal interests, brings me great joy and satisfaction. What greater gift can a person have or need than to stand in their own power -
To Own It, To love it, to rejoice in it!
Strength is not how strong you are, it is allowing the space within you to flow, to be happy and to be free, no matter what is going on externally.
The services I provide support people of all ages. It's exciting and a privilege for me to be part of everyone's unique and travelled story.

Combining Massage, Emmett, Fitness and Natural Therapies compliment each other on many levels of healing for the Mind and Body, brings depth to your purpose and freedom for the Soul. Feel AMAZING and Flow with your own natural energy, just like Nature intended it to.

Namaste

WHAT'S NEW?

In this fast paced world, our life and needs change frequently. With regular training and education I am able to bring the very latest healing to you. Be sure to keep up-to-date on services and information by following my FaceBook page.