



STUDIO LOCATION

New Farm Studio

2/15 Lamington Street, New Farm QLD 4005

Phone: (07) 3358 3915

Email: info@thebodyrefinery.com.au

Opening Hours

Monday - Thursday 6am - 8pm
Friday 6am - 5.30pm
Saturday 7.30am - 2pm
Sunday Closed

THE BODY  REFINERY

MASSAGE

Feel Invigorated & Stress Free!

What is Remedial Massage?

Remedial Massage is a powerful form of manual soft tissue therapy that effectively reduces pain and restores function to muscles, nerves, fascia and other connective tissues.

It also enhances other systems in your body, which may have been impaired due to injury, dysfunction or overuse.

Remedial Massage at The Body Refinery

At The Body Refinery your massage is all about you. During your massage, varying degrees of pressure will be applied to improve the condition and function of your muscles, and your body as a whole.

Our standard remedial massage appointments are 60 minutes, however, we recommend 90 minutes for a more comprehensive treatment.

Following your initial massage you may choose to have 30 minute appointments, however, most of our clients feel that 60-90 minutes provides a better outcome.



Massage can help:

- Release tightness
- Break up knots and spasms
- Clear muscle congestion
- Soften and lengthen muscles
- Aid the holistic healing of the body
- Improve blood flow and circulation
- Repair muscle tissue
- Reduce stress hormones
- Allow spine/joints to realign
- Speed up muscle recovery
- Relax the nervous system



Remedial Massage can help if you suffer from:

- Headaches or migraines
- Sore neck
- Tight shoulders
- Back pain
- Muscle sprains, strains or tears
- Misalignment of the spine or joints
- Tennis or golfer's elbow
- Achy, tired legs
- Foot aches and pain
- Whiplash
- Shin splints
- Sciatic pain
- Sports injuries
- Knee pain
- Stress
- Depression
- Fatigue
- Sleeplessness
- Fibromyalgia
- Frozen shoulder

Regular massage treatments:

- Speed the healing process
- Increase the benefits of massage
- Stimulate the lymphatic (immune) system
- Improve sleep quality
- Aid your physiotherapy treatments
- Prevent muscle tightness and reduce the chance of muscle injury