

Price List



Massage	Investment
30 minute	\$70
45 minute	\$90
60 minute	\$120
90 minute	\$150
Pregnancy	\$120

I also offer:

- Sports Taping,
- Kinesio Taping,
- Cupping, and
- Dry Needling

Prices subject to change without prior notice

eGift and physical gift vouchers also available

Online bookings available:

<https://bookings.nookal.com/bookings/location/HPFPN>

Appointments are sometimes available outside the offered online slots by prior arrangement only.



Address

Duplex 1 / 56 Tharwa Road
Queanbeyan NSW 2620
(entrance is off Ross Road)
ABN: 39 941 576 735

Phone: 0407 892 537

Email: info@gentleasalambmassage.com.au

Website: www.gentleasalambmassage.com.au

Facebook: GentleasaLambMassage

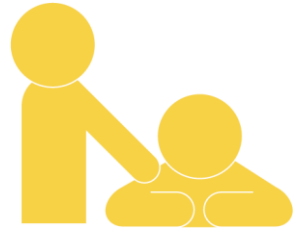


Diploma of Remedial Massage,
Evolve College CANBERRA ACT

Gentle as a Lamb Massage practice provides individualised massage treatments in a clean, safe and nurturing environment.

Whether you are seeking relaxation to recharge, recovering from injury, or have general muscle tension, each treatment will target your individual needs.

Remedial massage aims to identify underlying causes of musculo-skeletal conditions and target the treatment on the affected area to achieve a significant change. Remedial massage can assist to reduce pain, improve mobility, decrease tension, or any combination of those things.

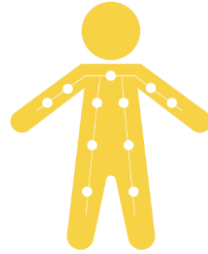


Remedial massage pressure varies. It can be deep or shallow, gentle or strong. It depends specifically on the problem identified during the client intake interview.

Relaxation massage is pure bliss and deeply relaxing. The meaning of relaxation massage differs from person to person. But what doesn't differ is that relaxation massage can improve circulation, strengthen the immune, decrease stress and anxiety, aid in quality of sleep, allow for a greater connection between the mind and the body and generally create a feeling of well-being and relaxation.



Deep tissue massage breaks up muscle tension, adhesions and scar tissue. These issues are usually found within the deeper muscles of the body. It is not uncommon to feel a degree of discomfort during a deep tissue massage treatment due to the level of pressure required to reach the targeted areas.



Sports massage is not just for professional athletes but for anyone who engages in regular sporting activities.

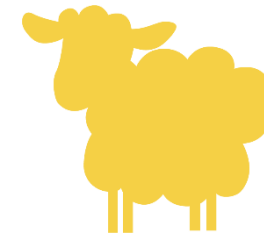


Sports massage is targeted at athletes to help prevent injuries, prepare the body for athletic activity and maintain it in an optimal condition. Sports massage techniques help stimulate circulation and loosen muscle fibres that have been bound together. Sports massage can enhance flexibility and increase overall health and function.

Pregnancy massage offered is a full body massage in a side lying position for client comfort. Regular massages during pregnancy can assist in supporting general health and well-being whilst giving you some much needed pampering during this special time in your life. Pregnancy massage helps soothe and relax nervous tension, assists sleep and can boost your energy levels during the day.



Mini massages are tailored to treat tension by targeting specific problem areas. The *Head, Neck and Shoulders* and *Face, Scalp, Hands and Feet* treatments are a fantastic pick me up for the whole body by rejuvenating and restoring comfort and balance.



Ease tension headaches, aching hands and feet and increase circulation by treating yourself to a 30 min mini massage. Your body will appreciate it.