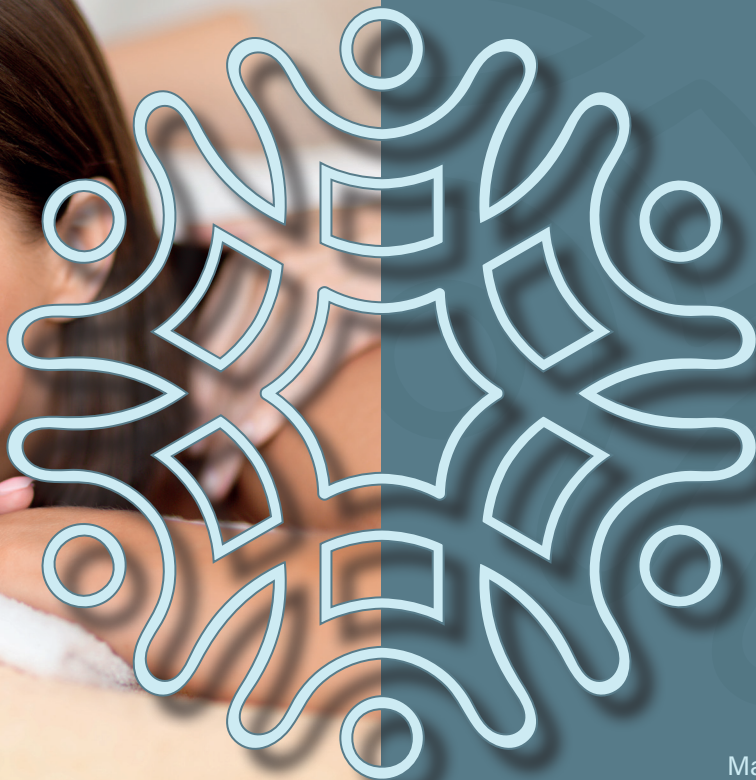




OPENING HOURS:
Monday to Saturday 9am to 7pm

BOOK APPOINTMENT ONLINE
via web site or Facebook

intunebodytherapy.com.au
www.facebook.com/IntuneBodyTherapy/



EFTPOS available -
MasterCard and Visa accepted.
Health fund rebates may be available,
please enquire directly with your therapist

115b Elizabeth Street, Hobart
6295 3957 / 0456 295 398
info@intunebodytherapy.com.au

TRADITIONAL CHINESE CUPPING THERAPY

Cupping treatments are believed to act as the reverse of massage treatments. That's because as against applying pressure on the skin, cupping uses vacuum pressure to pull it upwards using a variety of different cupping sets.

Price:		\$55		\$90
Session:		30min		60min

TRADITIONAL CHINESE GUA SHA THERAPY

Gua Sha, commonly called "scraping, spooning or coining", involves your remedial therapist creating friction over an area of skin with a blunt object such as the rounded edge of a Chinese ceramic soup spoon.

Price:		\$55		\$90
Session:		30min		60min

TRADITIONAL CHINESE MERIDIAN MASSAGE

The focus of Chinese Meridian Therapy is to improve your body's natural healing system to manage illnesses by re-balancing the flow of energy (Qi).

Price:	\$50	\$70	\$85	\$120	\$150
Session:	30min	45min	60min	90min	120min

CHINESE REFLEXOLOGY MASSAGE

Reflexology is the study and practice of applying pressure to specific areas on the feet (called reflexes) to promote health and wellbeing.

Price:		\$55		\$90
Session:		30min		60min

Services

RELAXATION MASSAGE

This relaxing massage will ease you into an indulging state of mind. Through long, even strokes you will experience improved circulation and relief from muscle tension.

Price:	\$50	\$70	\$85	\$120	\$150
Session:	30min	45min	60min	90min	120min

FACIAL MASSAGE AND BEAUTY TREATMENT

In Tune Body Therapy offers a comprehensive menu of facial massage treatments and professional facial massage techniques to complement individual skin types in Hobart.

Mini Facial Beauty Treatment includes cleansing, exfoliation, facial massage and moisturising (\$60 - 30min)

Full Facial Therapy includes deep cleansing, exfoliation, scrub, facial massage, freshly made mask and moisturising (\$100 - 60min)

DEEP TISSUE MASSAGE

Deep Tissue Massage is a good choice for helping to relieve pain and stiffness in muscles and around joints. The deeper muscles and fascia can be associated with long term aches and pains and deep tissue massage can help to relieve chronic patterns of pain and tension as well as in the removal of lactic acid, cellulite and strengthens muscle tone.

Price:	\$50	\$70	\$85	\$120	\$150
Session:	30min	45min	60min	90min	120min

REMEDIAL MASSAGE

Remedial massage can help to repair damaged muscle fibres, restore mobility and flexibility and ultimately decrease pain by working intensively with specific muscle groups on localised areas of your body.

Price:	\$55	\$75	\$90	\$130	\$160
Session:	30min	45min	60min	90min	120min

FEET SCRUB AND FEET MASSAGE

A short foot massage every now and then can really help us relax, particularly after a long day of standing up and walking around, when your feet tend to swell up.

Price:	\$55	\$90
Session:	30min	60min

LYMPHATIC DRAINAGE MASSAGE

A very light massage that is used to encourage lymph flow through the body. It helps to reduce bruising, swelling, fluid retention and oedema and also assists in the detoxification process.

Price:	\$55	\$75	\$90	\$120	\$150
Session:	30min	45min	60min	90min	120min

SPORTS MASSAGE

Sports massage can offer benefits to people at all levels, whether you exercise and play sport to keep fit, or compete at club or international level. Sports massage is useful during training, pre- and post-event and for ongoing maintenance to prevent injury.

Price:	\$55	\$75	\$90	\$125	\$155
Session:	30min	45min	60min	90min	120min

HANDS SCRUB & HAND MASSAGE

Receiving a hand massage can provide you with significant health benefits. Hand massage typically is quick, relaxing and provides you with immediate health benefits, such as improved finger and wrist range of motion, enhanced circulation and reduction of your trigger points—hyperirritable nodules—in your hand muscles.

Price:	\$55	\$90
Session:	30min	60min

PREGNANCY MASSAGE

Massage during pregnancy can be beneficial for mum-to-be. It can help with many of the associated symptoms of pregnancy, particularly in the later stages when back ache can be a problem!

Price:	\$50	\$70	\$85	\$120
Session:	30min	45min	60min	90min

HOT STONE MASSAGE

Special smooth basalt(lava) stones are heated to a comfortably warm temperature prior to treatment. When applied to the body in conjunction with essential oils, the direct heat relaxes muscles much more quickly than with regular massage. For a full body therapy, we recommend a 90-minute session to allow sufficient time for the heat from the stones to transfer and penetrate into the muscles to ensure a really effective, deep level of relaxation in the tissues throughout the whole body.

Price:	\$95	\$130
Session:	60min	90min

DRY NEEDLING THERAPY

Dry needling is a procedure in which an acupuncture needle is inserted directly into the muscle at the site of a trigger point.

Dry needling focuses on joint and muscular injuries and pain unlike acupuncture which works with energy meridians and its flow in the body.

Price:	\$55	\$90 (includes massage)
Session:	30min	60min