

at the **balmain massage** centre
we only do massage.

we can't read tarots,
nor have we got
any scented candles to sell.

but all our therapists are qualified
so you're assured of a refund
from your health fund and,
more important, you know
that what we'll do to your body
is going to make it better.

just quality *therapeutic* massage
to **live a better life**.

(and that includes
massage to make you relax...
because you've got to feel good
to be well).

bm



contents

remedial massage	3
relaxation massage	4
sports massage	5
deep tissue	6
myofascial release	7
pregnancy massage	8
hot stone massage	9
lymphatic drainage	10
aromatherapy	11
reflexology	11
bowen therapy	12
indian head massage	13
sea salt body scrub	15
hydration facials	15

the **balmain massage** centre
suite 2, 244a darling street, balmain 2041
02 **95555121** | **0406 896 525** | **map**
open 7 days, 10-7 | other times by arrangement

remedial massage

Let's clear the air: remedial massage is a form of therapy. It isn't a bland caressing of your back to make you purr.

Remedial massage, as the name implies, wants to fix a problem and help the body return to normal health.

It is used to treat any injury where the skin is intact. The massage increase the flow of blood and lymph in the injured areas, removing blockages, shifting damaged cells, loosening up scar tissue and adhesions left after an injury.

Often the injury is not a sudden lesion, caused by a fall or a sharp movement , but the result of a misuse of the body over the long term: typical are conditions created by lifestyle - for example, repetitive strain injury and back pain often are the result of a sedentary lifestyle, nailed to the computer. Massage is often successful where other forms of treatment have failed.

balmain massage **live a better life**

But remedial massage is also very effective in speeding up recovery after exercise, as any athlete knows. Sportsmen and women also get regular massages to make sure small injuries such as strains and small tears are treated before they reduce performance and become debilitating.

The massage therapist needs a robust knowledge of anatomy and physiology to determine how and

***"remedial massage
isn't meant to make
you purr".***

where to treat each patient, and knowledge of a range of techniques including trigger point pressure and myofascial release, either by pressure or by using capping - see our video on [YouTube](#).

During treatment, the therapist uses the patient's feedback to pinpoint the damaged tissues and to adjust pressure.

The result is usually immediate relief, although certain conditions may require a number of treatments. A recent injury will react and recover more quickly than a long-term injury - don't leave it too long!

Having said that, it is true that remedial massage

has particular success with long-standing back and compound injuries that have resisted previous treatment attempts. Once a serious injury is properly healed, further treatment is only needed if another injury is sustained.

Remedial massage works well as a preventive tool. People prone to conditions such as tight neck and upper back muscles often find that a periodical treatment - sometimes as little as one hour a month - keeps them healthy and in good form.

We said that remedial massage does not set out to relax the patient; the intention is more to fix a mechanical problem. However a nice by-product of the treatment is an all-round health improvement, which may include a general feeling of wellbeing, better sleep, increase in vitality and alertness levels and better performance at many everyday tasks.



relaxation massage

Relaxation massage is wonderful way to relieve the body of tension and stress, headaches and small pains and increase general wellbeing.

The border between remedial and relaxation massages is often blurred and indeed the two forms are often spoken of in the same breath. Sometime the term *Swedish massage* is used to mean relaxation massage.

When the aim is to relax rather than fixing problems, though, the therapist often uses a lighter touch, and the more therapeutic techniques such as trigger point release are absent.

Like remedial massage, relaxation massage softens and mobilises muscles, which may have become tight and contracted due to the normal stress of daily life.

After your session you will feel relaxed, calm and in a greatly enhanced state of wellbeing.

sports massage

A blend of techniques that aims to enhance performance and help overworked muscles to recover quickly.

Sports massage is designed to help you train better, whether you are a world champion or a weekend warrior. The techniques are similar to those in remedial and deep tissue massage, but sports massage has been adapted to meet the athlete's special needs.

Pre-event massage can help warm up muscles and improve circulation before competition, but it can also energize or relax an athlete and help him/her focus on the competition.

Post-event massage can help push waste products out of the body and improve recovery.



deep tissue

Deep tissue massage is designed to relieve severe tension in the muscle and the connective tissue or fascia.

This type of massage focuses on the muscles located below the surface of the top muscles. Deep tissue massage is therapeutic and very specifically targets a particular muscle or muscle group. Sometimes it's used to mean "sustained pressure", when clients want to indicate their preference for a strong massage.

Deep tissue massage is often recommended for individuals who experience consistent pain, are involved in heavy physical activity (such as athletes), and patients who have sustained physical injury.

This labour intensive technique targets chronic tension in muscles that lie far below the surface of your body. For instance, there are five layers of muscles in a person's back. While Swedish/

relaxation massage may help the first couple of layers, it won't do much for the muscle underneath.

Deep muscle techniques usually involve slow strokes or friction movements across the grain of the muscles. Massage therapists will use their fingers, thumbs, extended hands or occasionally even elbows and forearms to apply the right amount of pressure.

Afterwards, patients might experience some localised muscular ache for a day or two.

myofascial release

Myofascial release aims at treating the fascia, the “cling wrap” that envelopes all our muscles and organs, which more and more is targeted as the key to sorting some muscular problems.

There are several techniques to release the fascia, including Bowen Therapy (see P12). One of them is *cupping* - that is, the use of suction cups on various body areas.

Cupping is an ancient Eastern technique where suction cups are used to release soft tissue that is contracted. Myofascial cupping ('MFC') takes traditional cupping one step further by releasing the fascia underneath and the deeper



musculoskeletal structures as well the soft tissue, and is an excellent treatment for chronic pain. MFC is particularly effective in treating congested muscles in the upper back, glutes, ilio-tibial bands, calves and forearms to name but a few.

In most cases the client experiences immediate pain relief. Sometimes multiple treatments are needed to reverse long standing pain patterns.

How it works: the cup is applied (or ‘parked’) with a suction pump and negative pressure is created above the surface of the muscles and surrounding fascia. By decreasing the atmospheric pressure in the cup, the tissue is lifted causing changes in pressure beneath the skin including the muscles and fascia. The cups are then made glide over the skin and that movement releases the fascia.

Initially, myofascial cupping may leave red to purple areas where the cups were applied. The more toxins in the tissue where the cup is applied, the darker these areas will be; with subsequent treatments, the redness decreases. Not everyone experiences bruising, though.

Check out our Sarah Thornton's [demonstration](#) on YouTube!

pregnancy massage

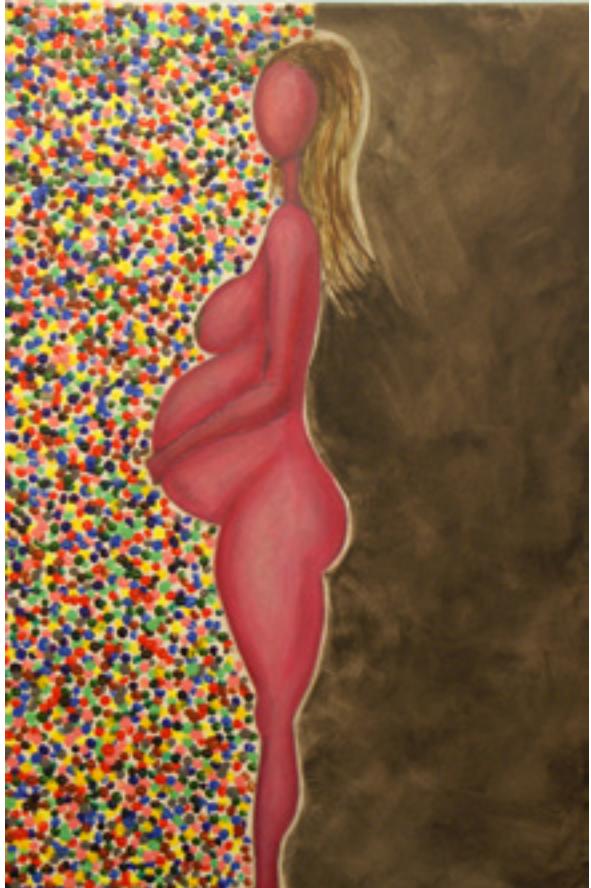
Pregnancy puts a lot of demands on a woman's body. It has to cope with the extra weight and it is normal for some muscle systems to react with pains and aches, especially in the legs and lower back, while the whole body can experience unusual tensions. Not to mention annoying body fluid retention.

Then there are the emotions brought about by the physical change... often resulting in a need for extra care or even just a bit of pampering.

Pregnancy massage differs in several key areas from standard remedial massage - and that is why not every therapist is qualified to work on a pregnant woman. The paramount consideration is the safety of both the mother and the yet unborn baby: so there are areas which are not massaged.

The skilled therapist positions the client semi-inclined on her side to work safely on her back.

This picture reproduces a painting by Italian artist **Giovanni Femia**, who painted it in 2010 for an exhibition in Australia. See his work at www.giovannifemia.com, contact him at geofemi@libero.it.



Clients who prefer to lay on their tummies can use the pregnancy cushion, which has a large cut-out for the belly. Not every therapist is a fan of the cushion as it can stretch the client's back if not used properly. Luckily all our therapists are specifically trained in pregnancy massage - including our one male therapist.

There are several benefits in receiving massage during pregnancy, and they go well beyond the pure physical plus of looser muscles. Massage can be beneficial in reducing inner tensions and the fear that is common among first-time mothers-to-be. The therapist could also use lymphatic drainage to deal with swelling.

By the way, it's always a good idea to speak to your doctor about pregnancy massage, as there are some infrequent conditions, during pregnancy (a propensity to blood clotting would be one), for which massage is not recommended.



hot stone massage

It is a deeply soothing, relaxing form of massage which uses smooth stones, moderately heated. The stones we use are basalt, a black volcanic rock that absorbs and retains heat well. Ours come from Hawaii.

The heat warms and relaxes the muscles, and this allows the therapist to apply deeper pressure when required. The heat also improves circulation and calms the nervous system. In this sense the hot stones are not different from a heat pack, made of cotton and filled with grain... except that the skilled therapist actually uses the stones to work on your muscles.

It's a unique sensation. Many who try this technique don't want anything else. Worth a try!

lymphatic drainage

Manual lymphatic drainage (MLD) is an important part of the treatment of lymphoedema. It moves excess fluids away from the swollen area so that it can drain away normally. MLD also stimulates and improves drainage in the healthy lymphatic system. Other conditions that respond well to this treatment include oedema, some sports injuries, chronic venous insufficiency and pregnancy.

It is quite different from remedial massage - it does not attempt to reach into the muscle tissue: it just brushes on the skin over the main lymph ducts in the face, neck, armpits etc. No oils or creams are used.

Lymphatic drainage is also a cleansing and re-energising treatment that uses gentle, repetitive massage techniques to specifically stimulate the function of the body's lymphatic and circulatory system. As such it has a therapeutic effect on

the immune and nervous systems and is deeply relaxing, making it an effective treatment for stress. Lymphatic Drainage can also improve congestion and pain associated with colds, flu, and blocked sinuses. It can help in the treatment of headaches, acne skin conditions and immune deficiencies. It should be mandatory in any detoxification process.

aromatherapy

Aromatherapy literally means "healing through the senses". As an ancient therapeutic treatment, it has a reputation for excellent health benefits. Specific natural oils (essential oils) from plants, leaves, bark, roots, seeds, resins and flowers, are used to help improve physical and mental wellbeing.

This relaxing body treatment includes a soothing and cleansing facial and uses essential oils, with massage to; relaxes the nervous system, relieves muscle tension and the pain caused by stress and strain on the body, and helps to stimulate circulation and the lymphatics. Essential oils selected during your treatment will be based upon your own senses along with your physical and mental wellbeing at the time of your treatment.

balmain massage **live a better life**

reflexology

Reflexology is a powerful therapy that involves techniques using fingers and thumbs to stimulate areas on feet, hands, and ears using massage, stretching and kneading.

Reflexology is used as pro-active health care tool to maintain physical, mental and emotional health. Promoting a state of total relaxation, it stimulates energy flow throughout the body, strengthens the immune system by improving blood flow and encourages hormonal balancing.

Get a friend to try reflexology, go on our website and **order a gift voucher**: we can deliver it by email literally minutes after you ask.



b Bowen therapy

There is a very good reason why Bowen therapy is unlike any massage you've ever tried. Because it is not a massage.

Bowen Therapy - and here we quote from the Bowen Therapist Federation of Australia or BTFA - is a holistic and multidimensional approach to pain relief and healing that has achieved remarkable results over the past 50 years. It is based on the recognition by Tom Bowen, its originator, who lived and practiced in Geelong, Victoria, that the underlying cause or source of many musculoskeletal, neurological, neuromuscular and other health or pain problems could be found in the soft tissue or fascia. Fascia is a specific type of connective tissue that forms a three dimensional web surrounding every tissue in the body. Fascia is the body organiser embracing all nerves, bones, arteries, veins and muscles. Therefore fascial dysfunction



can affect every structure, muscle, nerve and organ in the body. Fascia has become the subject of increasing research and recent studies have shown it to be the largest sensory organ in the body. It is rich in a range of receptors that powerfully influence the body's neuro-muscular physiology in many and complex ways as can be seen in the Bowen Studies section.

Bowen Therapy, through specific soft tissue or fascial release and integration techniques, stimulate specific receptors that enable the body itself to correct dysfunctions and restore homeostasis (balance) on a holistic level. Through treating the cause rather than the symptoms Bowen Therapy has consistently shown it can have profound and permanent healing and pain relief outcomes. This relief is experienced by

indian head massage

many people who present with a wide range of painful conditions, even where other modalities or treatments have resulted in transient or little improvement. Importantly, Bowen Therapy, being holistic, does not rely on a detailed diagnosis of the problem and its origins, which is often costly and indeterminate. Bowen Therapy treats the whole body, and its holistic effects are apparent in patients who find resolution to problems above and beyond those for which they have sought treatment, for example lack of energy, stress or emotional issues.

Needless to say, this form of massage originates from India, where it's part of the Ayurvedic practices of good health. It is also known as champissage. The head, neck and face are massaged with the purpose of manipulating energy channels, says Wikipedia. The goal is to clear blocks in these energy channels that cause a build-up of negative energy that are purported to cause ailments. The belief is when the energy does not flow properly, negative energy builds up, causing common ailments, including stress, pain and nociception pains and aches, and baldness or hair loss.

Whatever the philosophy behind it, Indian head massage is great for relieving stress and tensions which are common in our lives.

The client may remain fully clothed during treatment.



sea salt body scrub

Our skin is a living organism, constantly renewing itself but also constantly exposed to the action of external agents. Periodically, it needs the kind of deep cleaning that goes beyond the daily shower or bath. This is what a sea salt body scrub does - cleans away dead skin to reveal the new layers beneath.

A good sea salt scrub is made of finely ground unrefined sea salt, a base oil and one or more essential oils. Because of its texture, sea salt is a gentle exfoliating substance which contains up to 92 different minerals beneficial to the skin, which it leaves clean and glowing.

hydration facials

The focus during these facials is on relaxation, rehydration and nourishment. We use products that contain NO parabens, NO mineral oils, NO triethanolamine, NO artificial colours, NO petrochemicals, NO harsh detergents, NO animal derivatives, NO artificial fragrances, NO sodium lauryl sulphate.

They do, however, contain some wonderful substances. All products are derived from pure botanical ingredients, natural plant extracts and an infusion of essential oils to provide a safe holistic solution to natural beauty. Our facials will deeply nourish your cells which will give you a wonderful healthy glow... It will boost hydration while toning and replenishing your skin with an intense cleansing, exfoliation, massage and moisturizing of your face.



© 2012 *The Balmain Massage Centre*
244A Darling Street, Balmain 2041
02 95555121 | 0406 896 525 | [map](#)
open 7 days, 10-7 | other times by arrangement