



Chinese Acupressure Massage:
It involves work on the deep muscles and tissues, and the use of specific acupressure points. Medicated herbal oils are often applied in combination with a variety of techniques that include deep finger pressure, rubbing, stroking, etc.

Acupuncture:

It is a form of natural healing which has the following major benefits :

- Drug-Free pain relief
- Assists prevention against disease
- Holistic approach to illness, linking body, spirit and mind.



Chinese Herbal Medicine:
Herbal formulas have been developed over the centuries to bring balance and harmony to internal organ functions and strengthen body's immune system.

Ion Cleanse Feet Bath:

Enjoy a soothing 30min treatment, rebalance your body by safely removing the toxins accumulated within your body. It is the most effective way to improve micro-circulation and help restore your natural equilibrium.



Our Service



Vacuum Cupping:

Suction cups placed at various points on the body create a vacuum and draws toxins to the surface of the skin. This stimulates the person's protective energy and consequently their immune system. It is used to treat colds, lung infections, etc.

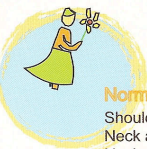


Feet massage (Reflexology) :

The ancient art of working on pressure points on the feet has been practised in China for over 2000 years. It is a therapeutic treatment which restores the body's equilibrium of Yin (negative) and Yang (positive) and encourages healing as well as the maintenance of well-being.

We can help you maintain your wellbeing and happiness

- ➔ Helps relieve muscle tension and stiffness (stiff neck & frozen shoulder)
- ➔ Provides greater joint flexibility
- ➔ Reduces blood pressure
- ➔ Improves circulation of blood and movement of lymph fluids
- ➔ Strengthens the immune system
- ➔ Helps relieve tension-related headaches & insomnia
- ➔ People massaged regularly were less stressed, performed better than those who weren't massaged.
- ➔ Massage therapy decreased the effects of anxiety, tension, depression, pain



Your Choices

Normal Session

- Shoulders: \$20
- Neck and Head: \$20
- Neck and Shoulders: \$25
- Neck, Shoulders and Back: \$35
- Neck, Shoulders, Back and Legs: \$45
- Neck, Shoulders, Back and Head: \$50
- Full Body from : \$60 (1 hour)
- Reflexology: \$40
- Ion Cleanse feet bath: \$35

Luxurious Session

- Full Body: \$90 (1.5 hour)
- Full Body and Reflexology: \$120 (2 hour)

Traditional Chinese Medicine

- Acupuncture (Booking required): \$40
- Vacuum Cupping : \$25



FAQ

? What should I do before the massage session?
A: Inform our staff of any medical or physical conditions that might be contraindications to massage. If in doubt, mention your condition.

? What should I do during the massage session?
A: Make yourself comfortable. Feel free to inform staff your preference (gentle or firm) and your sore point if you have one.



Health Point

*One massage a week. Keeps the doctor away
Feel Great and Get Health*

- ➊ Shop 6 (close to Woolworths), Garden City Shopping Centre, Booragoon
Booking: 9364 6591
- ➋ Kiosk (close to Freedom), Garden City Shopping Centre, Booragoon
- ➌ Shop 1049A (close to JB Hi-Fi), Westfield Carousel Shopping Centre, Cannington
Booking: 9356 2633
- ➍ Shop 7, Park Centre, Vic Park



Normal Trading Hours

- Mon to Wed 9:00am - 5:30pm
- Thurs 9:00am - 9:00pm
- Fri 9:00am - 5:30pm
- Sat 9:00am - 5:00pm

Gift Vouchers Available



Member of ATMS

Registered Acupuncturist and over 40 private health funds rebate available.