

We have two masseurs, Steve Hockings and Gay Wickens

Steve will be providing treatments on Saturday

Steve has been practicing remedial massage in since 1996, and has added to his experience with various bodywork therapies, covering a range of physical complaints. He came from a martial arts background, where he learnt the importance of massage, energy flow and body mechanics. His hobbies include reading, movies, spiritual development and spending time with his wife and 3 young sons. Steve's treatments are claimable on all health funds.

Steve will be offering the following treatments, as well as **REMEDIAL MASSAGE**:

REIKI; an ancient form of hands-on healing which can help to alleviate ailments of the body, mind and spirit. Using a series of hand positions, the Practitioner acts as a channel or conduit for this universal life-giving energy, transforming and replenishing the existing Life-force within you and creating a state of balance and harmony for the body and soul. It treats the cause as well as the resulting illness.

LYMPHATIC DRAINAGE THERAPY; a gentle form of massage which clears congestion of the lymph vessels and nodes, and helps to eliminate toxins and fluid retention from the body. The lymphatic system is the means of transport for the body's immune system, therefore without good lymphatic flow and clearance by the lymph nodes, our immune systems will be sluggish and an easy target for diseases.

MYOFASCIAL RELEASE; is a deep tissue form of massage which relaxes specific muscle groups by releasing the fascia, the sheath of connective tissue surrounding muscles, by holding pressure on the muscle group until the tension dissolves, thus relaxing the muscles more effectively than a regular massage.

ZEN SHIATSU; a Japanese system of pressure point massage which promotes the flow of Ki energy, or life force, through meridians or vital channels, restoring a harmonious flow of this energy throughout the body. Can be used on its own, or in combination with Remedial Massage.

Gay will be providing treatments on Saturday and Sunday morning

After 20 years in the corporate world, Gay followed an inner calling to study massage, reflexology and cranio sacral reflexology. Gay treats clients at Illawong/ Barden Ridge and Paddington. Gay has recently completed Module 1- Oncology Massage techniques. She provides the following:

REMEDIAL MASSAGE

REIKI

REFLEXOLOGY.... Where the Body is encouraged and inspired to heal itself....

Reflexology is used to help restore and maintain homeostasis, by encouraging the body to draw upon its own natural healing energies. The foot is said to be a mirror image of the body. Organs, glands and body parts are represented in the foot as reflex areas. The Chinese believe that indicators can show in reflexology up to six months before disease manifests thus making reflexology an excellent preventative strategy.

CRANIO SACRAL REFLEXOLOGY

Cranio-Sacral Reflexology is a reflexology technique performed on the feet using the reflexes of the cranium, sacrum, spine and all tissues associated with that system.

Conditions commonly treated include: Stress related illness, fibromyalgia, shoulder problems, neck problems, hip problems, reproductive problems, anxiety, irritable bowel syndrome, digestive disorders, headaches, asthma, sinusitis, vertigo and more.

The reflexologist can achieve results by treating the bones of the feet, which reflect the skull and sacrum exactly. Treatment with cranio-sacral movement transmits to all areas of the body through the cerebro spinal fluid impulse.

During a treatment your feet will be pampered with a foot bath, massaged, stretched, pressure points relating to body parts stimulated and you will experience a general feeling of well being and relaxation. Clients generally have a 'whole body' experience.

Most Health fund rebates available for both Steve and Gay