

# *Holistic Flow*

at Mango Lagoon Resort & Wellness SPA

Remedial Massage Therapy SPA



# *Holistic Flow*

Holistic Flow is formed by an International Physiotherapist with 10 years of experience in musculoskeletal rehabilitation, wellness and a current member of the Australian Natural Therapy Association. The main emphasis of Holistic Flow is to delivery a complete, individualised and unique remedial therapy experience.e

## Full Body Relaxation Massage (Swedish Massage)

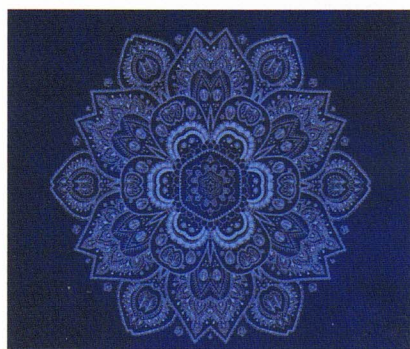
60 min/90 min  
\$100/ \$140

This is an unique experience for connecting the body, mind and soul. Swedish Massage consists a slow flow and rhyme movements with light or medium pressure. This massage is ideal if you want to relax, relieve mind or muscular tension and connect with your inner-self

## Full Body Deep Tissue Massage

60 min \$110

Deep Tissue Massage is a variation of techniques to release deep tissues tension. The therapist usually apply medium to firm pressure and also uses forearm and elbow to access deep muscles. Its an ideal massage with you have a high muscular tone and good pain threshold.





## Pregnancy Massage (12 weeks-28 weeks)

45 min \$100

Pregnancy or prenatal massage is used to reduce stress, reduce swelling in the arms and legs and relieve muscle and joint pain in pregnant women. Massage in pregnancy can involve many different massage techniques. It is usually a gentle massage.

## Reflexology

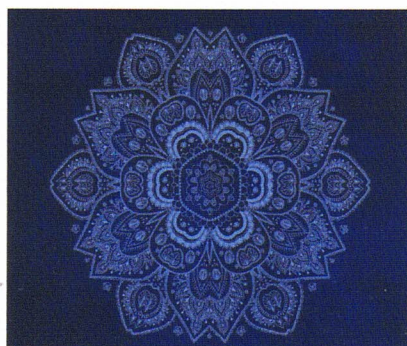
30 min/60 min  
\$80/\$120

With repeated pressure and manipulation of nerve endings, reflexology can help to clear any channels of blocked energy. It is said to do so through moving the flow of the blood nutrients and nerve impulses. This ultimately improves overall health and balance.

## Lymphatic Drainage

60 min/90 min  
\$120/\$150

Lymphatic Drainage is a therapeutic massage treatment. The massage uses very light pressure and long, gentle, rhythmic strokes to increase the flow of lymph and reduce toxins in your body. The lymph system is part of your body's immune system and helps fight infection.





## Holistic Flow Session

60 min/90 min

\$100/120

Holistic Flow Session is an unique approaching to Chakra's purification and alignment. This session involves Tibetan bowls, facial massage and acupressure, energetic unlocking therapy and feet acupressure.

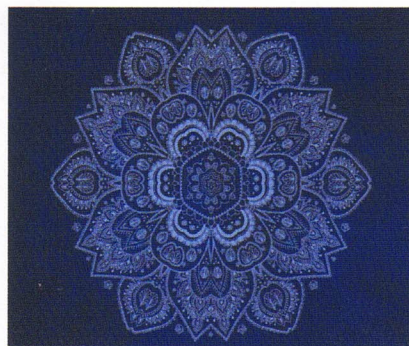
## Remedial Massage Therapy (Full Session)

90 min \$150

Treatment Consists :

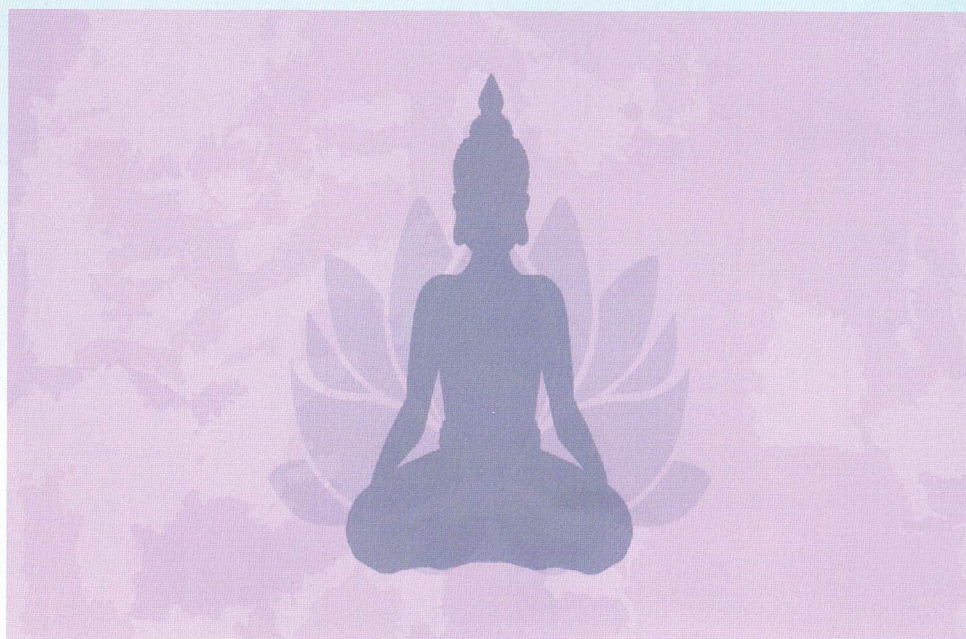
- Postural Assessment
- Musculoskeletal System Assessment
- Functional and Orthopaedic Assessment
- Treatment Plan Focused on symptoms
- (Deep Tissue Massage, Trigger Point Release, Myofascial Release, Muscular Energetic Technique, Stretching and Postural Exercises)

(Health Fund only for Australians Health Insurance)

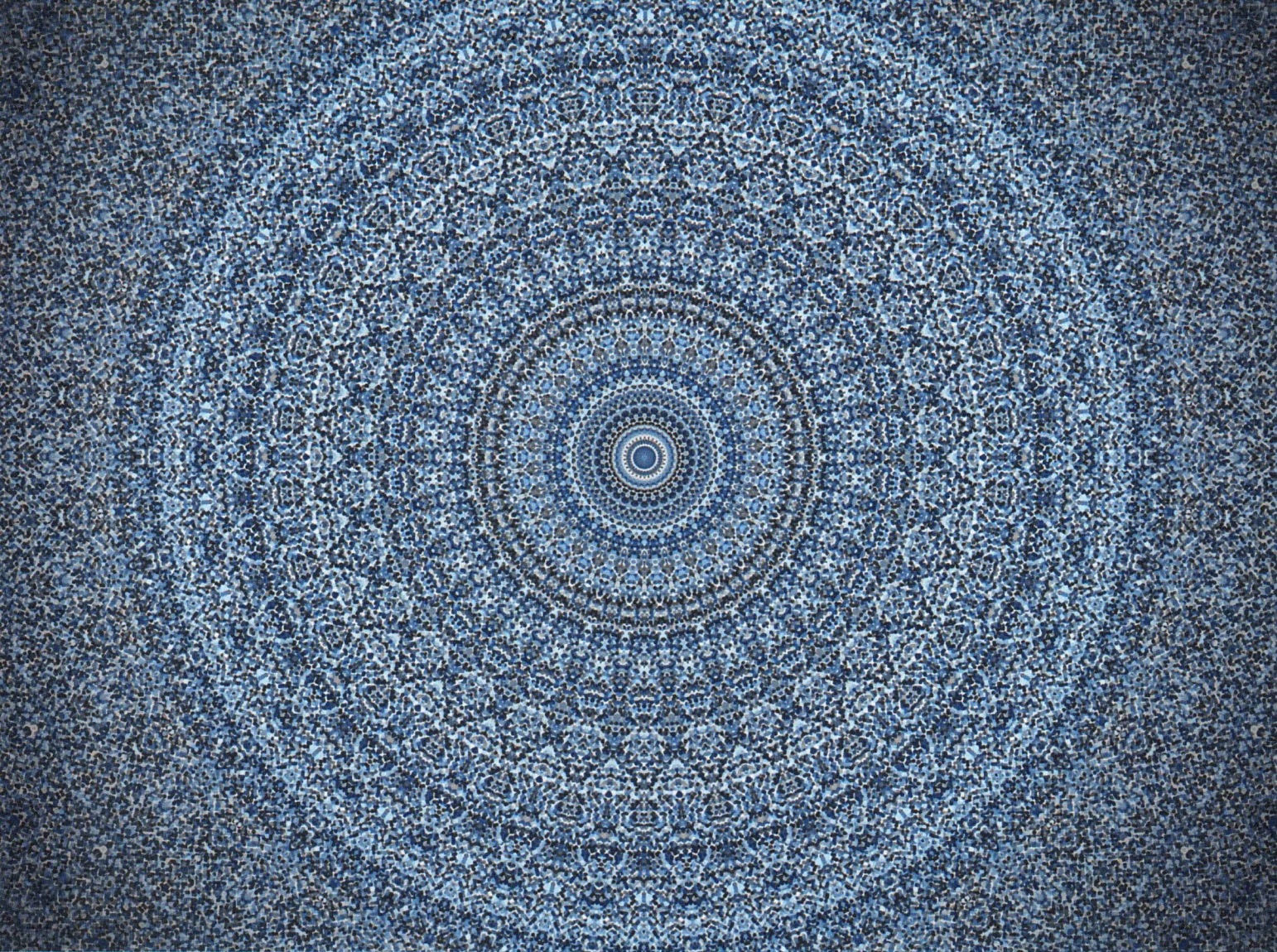




Remedial Massage Therapy is the systematic assessment and treatment of the muscles, tendons, ligaments and connective tissues of the body to assist in rehabilitation, pain and injury management. Remedial Massage is designed to balance muscle/soft tissue length, tension, tone which will in turn promote the return to normal joint/capsular/bone position; increase the flow of blood and lymph, particularly in the injured areas, thus removing blockages, damaged cells, scar tissue and adhesions resulting from injury.







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## Remedial Massage Therapy SPA

| Day      | Hours           |
|----------|-----------------|
| Tuesday  | 9:00am - 5:00pm |
| Thursday | 9:00am - 7:00pm |
| Friday   | 9:00am - 7:00pm |
| Saturday | 9:00am - 8:00pm |

81-85 Cedar Rd, Palm Cove QLD 4879

Mango Lagoon Resort

Tel. 0431529730

Pt. Willian Couto