

## BENEFITS OF MASSAGE

- \* Relieves muscle tension and improves muscle tone
- \* Improves lymph and blood circulation
- \* Reduces work related stress and anxiety by calming and balancing emotions
- \* Reduces pain and inflammation in joints and soft tissue
- \* Helps people manage conditions experiencing chronic pain
- \* Reduces swelling and water retention
- \* Improves immune system by removing cellular metabolic waste
- \* Assists in injury prevention
- \* Lessens the appearance and pain associated with scar tissue
- \* Relieves growing pains in children
- \* Improves sleep
- \* Supports women through pregnancy
- \* Encourages secretion of 'feel good' chemicals to support a healthy mind and body naturally
- \* Plus many more ...



Health Fund Rebates Available  
Gift Vouchers Available  
Loyalty Cards Available

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**20 Hillman Drive**  
**NAIRNE SA 5252**

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# Nurturing U Massage

Remedial  
Myofascial Release  
5 Element Acupressure  
Relaxation/Therapeutic  
Trigger Point/Deep Tissue  
Reiki



## Wendy Bartlett RMT

Diploma of Remedial Massage  
Cert IV in Massage Therapy  
Reiki Master/Practitioner  
Accredited Member Massage &  
Myotherapy Australia

**Mobile: 0435 061 902**  
**By appointment only**

## A little about me

My name is Wendy Bartlett. I am an accredited Remedial Massage Therapist, a Reiki Practitioner and member of Massage & Myotherapy Australia.

I am passionate about therapeutic massage and how it affects the mind, body and spirit in a positive way.

All sessions are in a warm, peaceful and safe environment where you will be able to relax and unwind while listening to soft music.

After years of experiencing back and neck pain, regular tension headaches and sleep disturbances - due to the physical demands of working in the Horticultural industry - I decided to follow my heart and make the career change to therapeutic massage.

As I continue to further my knowledge and skills in this industry, I'm increasingly amazed at how resilient the human body is. With the right therapy and healthy lifestyle choices it has the ability to return to a state of balance and good health.

Massage has improved the quality of my life. My hope is it will do the same for my clients.

My goal is to help others experiencing muscle pain and dysfunction and/or emotional stress find relief and discover a better state of well being because...

**...We all deserve better health.**

## Relaxation/Remedial

### What's the difference?

- \* **RELAXATION** - focuses on the whole body - reducing muscle tension while simultaneously soothing the nervous system to calm the mind - which is often over-stimulated by stress.
- \* **REMEDIAL**- focuses on reducing muscle pain & dysfunction in a specific body region by increasing blood flow to assist in eliminating toxins - which accumulate within the muscles - causing pain & discomfort.
- \* **Deep tissue & Trigger point therapy** may be used, along with postural assessments and stretching techniques.
- \* **Myofascial Release** - Gentle but very effective manual therapy using sustained pressure into restrictions in the fascial system. Fascia is a system of thin connective tissue that weaves continuously throughout the body.
- \* **5 Element Acupressure**— is a gentle form of energetic bodywork working with light finger pressure on various points along energy channels (meridians) throughout the body.
- \* It allows blocked energy to flow, returning harmony to the body, allowing healing on a physical, emotional and spiritual level.
- \* **Reiki** - Reiki is an ancient Japanese hands-on form of energy healing.

## Fees

90 minutes	\$100
60 minutes	\$ 75
45 minutes	\$ 60
30 minutes	\$ 45

\* Allow an additional 10-15 minutes for first visit to complete a health history form

**Payment - CASH only** to be paid on completion of your treatment session.

A receipt is issued for you to claim Health Fund Rebates for Remedial treatments.

If you have any serious medical conditions or are on medication it's best to consult your Health Care Practitioner before booking your appointment.

**All sessions are tailored to suit your individual needs**

**Health Fund Rebates Available**