



**HEALTH &
WELLNESS CENTRE
AT GLEN APLIN**

0488 002 512
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311 Stables Road, Glen Aplin QLD 4381

Massage

Swedish. Relaxing, gentle and soothing

Shiatsu Stimulates meridians for holistic benefit

Sports Treatment of over-use injury and strains

Remedial Relief of postural and muscular pain

Lymphatic Focus specifically for oedema reduction

Aromatherapy Organic essential oils for holistic treatments. Very uplifting and calming.

Massage style	Time (minutes)	Fees \$
Swedish	30 / 60	80 /140
Shiatsu	30	95
Sports	30	120
Remedial	30	120
Lymphatic	30	95
Aromatherapy	60	190