

“Welcome to our deep spring Massage Brochure, here you will find all information regarding our special individual treatments also our new ‘Massage Workshop’. If any questions arise please don’t hesitate to ask”.

Massage Room



© Photograph By Rick Hoedjes

Individual treatment sessions.

An-Mo Massage; A Cantonese term for “hair and scalp “ massage. Shampoo, conditioner or oil is poured onto your hair and massaged into your scalp. Dragging fingers across in both directions, working on the muscles, blood vessels, skin tissues and bones. The practitioner will then follow the neckline and start working on the neck muscles.

Bowen technique; Bowtech is an essential tool to facilitate whole body healing. Bowtech moves enable incredible results by activating the body’s own ability to heal itself, therefore stimulating an immediate healing process. This process is not limited to the presenting physical symptom but extends to the emotional, cognitive and spiritual aspects of the individual concerned.

Deep Tissue Massage; A technique that works across muscles and fibres in both directions, backwards and forwards and literally unstick and separate the muscles. With this technique discomfort levels can be corrected and circulation improved.

Shiatsu; The ancient Japanese art of acupressure combines some of the best features of acupuncture, massage, yoga-like exercises and oriental medicine. Literally Shiatsu means, “Finger pressure”. It uses the same *tsubo* or pressure points as acupressure and relies on the same channels of energy throughout the body. Like acupuncture, Shiatsu can relieve pain and tension-complaints as varied as arthritis, headaches, haemorrhoids, menstrual cramps, impotence and frigidity.

Reflexology; is a science that deals with the principle that there are reflex areas in the feet and hands which correspond to all of the glands, organs and parts of the body. Reflexology is a unique method of using the thumb and fingers on these reflex areas. To relieve stress and tension. To improve blood supply and promote the unblocking of nerve impulses. To help nature achieve homeostatic.

Therapeutic Relaxation Massage; Can either be physically invigorating or soothing depending on the priority at the time of treatment and techniques used. The main reason for therapeutic massage is to promote healing and regeneration of cells, tissues and systems by restoring normal blood flow, lymphatic flow and nervous energy, thereby enabling the body to perform its usual correct functions with maximum efficiency.

	Therapeutic relaxation	Deep tissue/Shiatsu/Hot stone
1 hour massage, aromatherapy, Jacuzzi, towel & bathrobe	\$117	\$125
1.5 hour De-stress massage	\$128	\$141
1 hour full body massage	\$82	\$94
3/4 full back, neck and shoulders massage	\$71	\$82
1/2 hour full back massage	\$61	\$70
1/2 hour An-Mo (Cantonese head & neck massage) incl. Aromatherapy	\$71	
20 minute Reflexology	\$51	

*Public/School holidays included



Deep Spring Estate
 Exclusive Eco Friendly Spa Retreat
 Lot 24 Midland HWY Eganstown
 T: +61 03 53483229 F: +61 03 53484047
 E-mail: relax@deepspring.com.au
www.deepspring.com.au