

Residential Practice

15 Lapsley Road, Claremont. Nourishing space set in quiet & leafy suburban area

Massage, Yoga, Reflexology

45 min \$60

60 min \$80

90 min \$110

120 min \$140

Concession prices available
please enquire: 0423 755 250

Treat your family &
friends with a massage
GIFT CERTIFICATE
& be treated with an extra
15 mins on your next appointment.



i) Facial
Cleanse, Exfoliate, Massage, Mask & Moisture.
60 min \$85

ii) Scalp Sensation
Full body Massage, Hair treatment & Scalp massage.
75 min \$85

iii) Floating Feet
Foot Soak, half body Massage & Reflexology session.
90 min \$115

iv) Heavenly Bodies
Combines above packages ii) & iii).
90 min \$120

v) Simply Sublime
Full body Aromatherapy Massage & facial.
120 min \$140

vi) Deliciously Decadence
Full body exfoliation, Aromatherapy Massage & Facial.
150 min \$160

Partner Packages
Two Massages, Aroma foot soaks, one nourished & relaxed
couple. Price starts at \$110

Mobile Massage Therapy
Residential, Group bookings, Corporate,
Events & Special occasions
> 30 min travel + \$20 per booking
30-60 min travel + \$30 per booking

Mobile Yoga In-Tuition Sessions
Corporate, Private, Children & Schools

Therapist:

Camille / Sahaja Adams

provides a professional & friendly Massage &
Yoga service. She is a qualified Remedial Massage
Therapist, Registered Health Provider, Manual
Lymphatic Drainage Practitioner, Certified

Modality

MASSAGE

Reduce stress,

Relieve aches and

Relax....



m: 0423 755 250

e: cami.sahaja@gmail.com

w: www.modalitymassage.com

h: Weekdays by Appointment only

Aromatherapy A specific blend of essential oil that can assist the client in achieving his or her desired mood & health outcome. The blended oils have a lovely aroma & provide a subtle affect on mind, body & spirit. You are welcome to request an aroma/oil free, cream based or clothed massage.

Clinical Reflexology

A deeply relaxing therapy applied to feet &/or hands. Specific pressure is applied to reflex points, creating harmony between body systems, including hormone regulation & organ function. This therapy is a combination of both eastern & western science & medicine.

Relaxation/Swedish Massage

A hands on full body massage of medium pressure. Relieves muscle tension, stimulates circulation, increases serotonin levels, improves muscle tone & promotes total mind & body relaxation.

Remedial/Deep Tissue Massage

A firm-pressure therapeutic massage. Helps alleviate pain, muscle spasms, stress, inflammation & tissue damage. Ideal for people suffering with soft tissue problems that produce discomfort or pain.

Sports Massage

A therapeutic massage that includes stretching & compression techniques. Rehabilitates soft tissue dysfunction that can result from physical labor, lifting weights or sports-related injuries. Promotes flexibility, reduces swelling, relieves muscle tension & alleviates muscle fatigue.

Prenatal Massage

A gentle nurturing treatment to help relieve the muscle cramps, spasms & pain often encountered in the lower back, neck, hips & legs during pregnancy. Safe side-to-side body positioning with body pillows are used for extra comfort.



Recieve your treatment at home!

Great for special occasions, partner packages & those times of extra indulgence. All massage services listed are mobile friendly.

Corporate Seated Massage

10 - 20 min efficient, clothed massage that improves circulation, stimulates muscles and reduces tension in the back, neck, shoulders & forearms. Excellant for improving team spirit & productivity. A bonus for your hard working staff.

Yoga In-Tuition

For increased suppleness, joint mobility & peace of mind. Yoga builds postural awareness & breathing potential. It may also help disrupted sleeping patterns & minor ailments. Single & group bookings available.

A Relaxation to Remedial massage service

Pamper Packages

These treatments are created for that purely indulgent experience. Facials, foot soaks, full body exfoliations & scalp massages can be combined with a full body aromatherapy massage. Australian sourced natural product is used and 60 - 150 min treatments are available. See overleaf for more detail.

**Gift Certificates also
available**

Rested,

Relaxed,

& Revitalised.

Quality Health Products available to purchase:

*Oil Garden Aromatherapy product range
Shin bio liquid heat packs*

