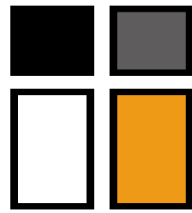




Massage



lifewell

body + mind + soul + spirit

LifeWell™ Massage is one of a range of support services to assist you in *Living Life Well*.

LifeWell Massage is an ethical and professional service which is a part of the ***LifeWell approach to holistic care.***

All LifeWell Massage Therapists are professionally qualified and members of a professional association.

All fees are set in context of market rates and subsidies are available through LifeWell and partner agencies.

Eligibility criteria applies.

Massage Benefits

For:

- ⇒ Stress and fatigue
- ⇒ Increased circulation, oxygen and nutrition to cells
- ⇒ Relieving muscle spasms, tension headaches and RSI
- ⇒ Ease of sore muscles and joints
Increases range of motion and flexibility
- ⇒ Cleans the body of toxins and wastes
- ⇒ Sports injuries
- ⇒ Improving skin and muscle tone
- ⇒ Slowing the aging process
- ⇒ Improving energy
- ⇒ Compensating, at least in part, for lack of exercise and muscular contraction due to age, injury, or illness.
- ⇒ Aids recovery from injuries
- ⇒ Improving posture

Makes you feel fantastic!!

LifeWell Massage Therapists

⇒ **SJHANA GREENWOOD**

Dip of Remedial Massage
Bach of Health Science

⇒ **ELIZABETH BEASY**

Dip of Remedial Massage

Massage is the systematic manipulation of soft body tissue. It has been used for thousands of years for relaxation and to restore and promote the good health of body, mind and spirit. Massage releases chronic tension and pain in muscles, improves circulation, increases flexibility in the joints, and reduces mental and physical fatigue

By appointment only: Phone: 8261 1844

Email – info@enfieldbaptist.com.au