

## Massage Therapy

Tracey is a qualified and experienced Massage Therapist practicing since 1985. Specializing in Remedial, Deep Tissue, Sports, Swedish, Hot Stone Massage, Indian Head Stone Massage, Corporate Seated Massage, Aromatherapy, Back, Neck and Shoulder Massage and Pregnancy Massage.

Mobile Service covers the Northern Beaches and Mosman area!

Massage is used to maintain physical health as well as inducing relaxation. It helps to alleviate the build up of stress and tension in the muscles from every day use.

Every day people are using Massage Therapy to relieve stiff joints, insomnia, headaches, back pain, muscle overuse, chronic pain, sprains and strains, stress, tension and sports injuries. Few doubt the effectiveness of Massage Therapy. It's just a matter of deciding upon the BEST treatment for YOU!

Apricot oil is used when massaging as it is fine oil that nourishes and hydrates your skin. It has a high Vitamin E content that aids skin elasticity and suppleness. Depending on the clients requirements essential oils can be added which will help muscular pain, stress, relaxation etc...

Benefits of Massage include

- Relieves aches and pains and help to tone the muscles
- Relaxation of tight muscles and helps with stiff joints
- Increases blood circulation
- Stimulates the lymphatic system to aid the removal of waste products in the body
- Improves skin colour/texture/elasticity and breaks down fatty tissue
-

## Massage Therapy

Written by Totally Tracey

Monday, 28 December 2009 09:48 - Last Updated Monday, 29 September 2014 22:48

---

Stimulates and soothes nerve endings in the skin

Softens and moisturises skin

Helps stimulate metabolism naturally and improve general health

Drift away to soft relaxing background music to help draw the mind and body into a completely relaxed state.

## Location

Our professional salon is located on Sydney 's beautiful Northern Beaches. Come in and relax while your professional masseuse brings your body back to life!

Health Fund Rebates

Mobile Service - Mobile Service covers the Northern Beaches and Mosman area!

Accredited member of the Australian Traditional Medicine Society (ATMS)

Open 7days a week.

## Gift Vouchers Available

## Qualification Details

Diploma Remedial Massage

Associate Diploma Exercise Science

Certificate Aromatherapy

Certificate Hot Stone Massage

Certificate Indian Head Stone Massage

Certificate ScenStone Facial