



Frequently Asked Questions



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How is Remedial Massage different from Relaxation Massage?

Remedial Massage Therapists are trained in Muscular Assessment and treatment for muscular pain, limited movement, nerve pain, health conditions and much more. Our aim is utilise our knowledge and skills to provide you with pain relief, additional movement, increased circulation as well as the general positive effects of massage which include reduced stress & anxiety, tension and headaches. If we feel that after the assessment and treatment that you require additional care, i.e Physio, Chiro, Doctor, Scans etc, we will refer you and offer our recommendations to ensure you receive the best care possible for your particular concern.

Can I claim through my private health fund?

YES! If you are covered for Remedial Massage in your extras cover we can issue a Health Fund Receipt which you can then claim online or in person through your Private Health Fund.

Please note that Swedish Massage and Energy Therapies are not claimable. As of 2019 we will no longer be able to issue health fund receipts for Reflexology or Kinesiology due to government changes

What should I wear?

For our SNAP treatments which are fully clothed, we suggest wearing loose fitting clothing that is comfortable. It is our policy that underpants/briefs remain on during all of our treatments for hygiene and privacy reasons for both client and Therapist. We often use a lot of stretching techniques in our treatments and recommend full briefs be worn to avoid discomfort

I have never had a massage before and am a bit self-conscious.

That's okay! If you prefer to remain clothed, you will still receive an amazing treatment with the techniques we use. When we assess you we are looking at the structure of your muscular and skeletal system to determine how your body moves, which muscles might be working harder so that we can give you the best treatment. We feel through our hands, not our eyes and respect people from all walks of life

Our main focus is loosening your muscles and making sure we can help you as best as we can.

Is there a weight limit for the treatment table?

- Our treatment tables have a maximum weight limit of 200kg.