



fitnesslocal

**FITNESS LOCAL now offers  
3 different types of**

# Massage

## **REMEDIAL or DEEP TISSUE MASSAGE**

Remedial massage focuses on the deeper layers of muscle tissue, working on specific problem areas such as neck, shoulders and lower back. Used to treat a range of musculo-skeletal problems, it works on releasing and loosening tight and painful areas of muscle to give you a greater range of motion.

Helps to relieve chronic muscular pain, postural problems, RSI, Injury Rehabilitation and muscular fatigue.

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## **SWEDISH MASSAGE**

Swedish Massage is a lighter, yet still firm massage. The main focus is on relaxation and to relieve stress and tension. Aids in promoting blood flow and removing waste products bringing nutrients back to the painful areas of the body.

**Reduce pain from common problems:**

- Sinus and tension/migraine headaches
- TMJ pain
- Neck and shoulder stiffness
- Lower Back Stiffness



### **fitness local padstow**

Open 7 Days/24 hours • Ph: 02 9771 0141  
Level 1, 35-37 Padstow Parade, Padstow NSW 2211  
padstow@fitnesslocal.com.au • [f /fitnesslocalpadstow](https://www.facebook.com/fitnesslocalpadstow)

### **fitness local panania**

Open 7 Days • Ph: 02 9772 0077  
Panania Diggers 28 Childs St, Panania NSW 2213  
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CRECHE**

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## SPORTS MASSAGE

Sports massage is used specifically before or after an intense workout or sporting activity. Allowing you to recover quicker between workout sessions and perform at your best ability. Reducing likelihood of muscular cramping.

Used to loosen up muscles, tendons, ligaments and joints before commencing activity to assist in performance and reduce chances of injury.

Aids in the recovery after exercise or sport, reducing the build up of lactic acid and other metabolic by-product wastes.

Assists in lengthening muscles and improving flexibility. Keeping muscles supple and working at maximum efficiency.

### AVAILABLE BY APPOINTMENT ONLY

**30 MINUTES: \$50 • 60 MINUTES: \$80**

**Health Fund Rebates may apply**

**To book call 02 9772 0077  
or speak to Gym Reception**



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