



Move Well
Live Well
Feel Great!



Here at In Balance Physiotherapy & Fitness we focus on a holistic approach to health and wellness, restoring movement so that you can live your best life.

We offer a variety of therapy options ranging from relaxation and reflexology to remedial and sports massage. Our expert massage therapists will tailor your session to meet your needs for an enhanced therapeutic experience.

**CALL NOW on
9622 5335 for a
FREE phone consult!**

INBALANCE
PHYSIOTHERAPY • FITNESS

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Reflexology

Reflexology - 60 Minutes - \$80

Take a holistic approach to your health and wellbeing. Firm pressure and soothing techniques are applied to areas of the hands, feet, face & ears to stimulate the circulatory system. Restore your energy flow and to help clear blockages that occur due to toxins, stress, injury, illness and emotions.

Specialised

Pregnancy Massage - 60 Minutes - \$90

The journey of pregnancy is one that should be full of enjoyment. Put your tired feet up and relax while we indulge you in relaxation massage catering for your needs.

Indian Head Massage - 60 Minutes - \$90

Based on the ancient Indian Ayurvedic healing system, this practice seeks to reduce anxiety, stress, headaches and improve sleep. Our therapist lightly works over your scalp, face, neck, shoulders and upper arms to assist with the balance of each Chakra energy. Leaving you feeling relaxed and restored.

**Therapeutic Option Available.*

Relaxation

Relax & Restore Massage 60 Minutes - \$90

Back, Neck, Shoulders, Arms & Legs.

90 Minutes - \$135

Total body bliss includes Hands, Feet & Scalp. Ease back the layers of tension and tightness caused by everyday stress with a blissful relaxation massage. Feel restored and rejuvenated while listening to soft music, unwind and relax. Choose one of our three aromatic oils tailored to enhance your personal senses.

Soothing Sound Massage - 60 Minutes - \$90

Therapeutic grade singing bowls and fen gongs are gently played on and around the dressed body. Sound treatments are non-invasive, gentle yet powerful, leaving you feeling refreshed, deeply relaxed and with a clear mind.

Express Massage - 30 Minutes - \$45

For those short on time, this massage is designed to help ease tight muscles through the neck, shoulders and upper back. The perfect express pick-me-up.



Remedial & Maintenance

Deep Tissue Massage - 60 Minutes

Excellent for chronic pain, tightness, injuries, muscle spasms, body aches and pains, headaches and more. Works by deeply breaking down adhesions to relieve pain and restore normal movement.

Sports Massage - 60 Minutes

Pre or post your event, for optimal sport performance, injury prevention and recovery. Our therapist will use remedial techniques specific to your sport and mobility requirements.

Manual Lymphatic Drainage - 60 Minutes

A very specialised technique. Rejuvenates the body's fluid, stimulates the immune system and assists with detoxification. Improves resistance to all types of stress that our systems are placed under.

***Remedial Massage for problematic conditions will include an Assessment & provision of a comprehensive Treatment Plan \$95**

***Non-Remedial Massages & Maintenance \$90**