



Home Thai & Remedial Massage is located on **Darling Street** in the suburb of **Rozelle**. We offer several different massages to meet your every therapeutic need including: **Remedial Massage**, Deep Tissue Massage, Thai Deep Oil Massage, Royal Oil Massage, **Traditional Thai Massage** and Reflexology Massage.

Each of these massages offers something different and is catered to your needs and likes.

Our philosophy is that no one should ever leave without having a wonderful experience feeling rejuvenated in body and soul.

<p>REMEDIAL MASSAGE (<i>Health Rebate Available</i>)</p> <p>Medium and firm pressure with oil. Our therapists will use a variety of massage techniques working on the whole body. Working out the knots from stressed overworked muscles and connective tissue. Remedial Massage is very beneficial for problem areas.</p> <p>Free heat pack, hot stone and Thai balm</p> <ul style="list-style-type: none"> ▪ 30 mins \$60 ▪ 45 mins \$80 ▪ 60 mins \$95 ▪ 90 mins \$135 ▪ 120 mins \$175 	<p>DEEP TISSUE MASSAGE</p> <p>If you have tired neck, sore back or shoulder from looking on a computer, sore calves and hamstrings from walking or running. This treatment uses medium to firm pressure to reach the key areas to release stress, lessen pain, make movement easier and promote a greater range of motion. Also, if you would like to focus on a particular area then this is the one for you.</p> <p>Free heat pack, hot stone and Thai balm</p> <ul style="list-style-type: none"> ▪ 30 mins \$60 ▪ 45 mins \$80 ▪ 60 mins \$95 ▪ 90 mins \$135 ▪ 120 mins \$175 	<p>THAI DEEP OIL MASSAGE (<i>Oil on back only</i>)</p> <p>This treatment is ideal for anyone who suffers from chronic pain. Thai Massage combined with oil helps muscles achieve a deeper relaxation plus reduces stress and pain.</p> <p>Free heat pack, hot stone and Thai balm</p> <ul style="list-style-type: none"> ▪ 30 mins \$60 ▪ 45 mins \$80 ▪ 60 mins \$95 ▪ 90 mins \$135 ▪ 120 mins \$175
<p>ROYAL OIL MASSAGE</p> <p>Light oil massage techniques with soft pressure helps to reduce muscle tension. Improving the circulation system and promoting relaxation of the body and mind.</p> <ul style="list-style-type: none"> ▪ 30 mins \$55 ▪ 45 mins \$75 ▪ 60 mins \$85 ▪ 90 mins \$125 ▪ 120 mins \$160 	<p>TRADITIONAL THAI MASSAGE (<i>No Oil</i>)</p> <p>Therapists use thumb, palm, elbow, knee and foot pressure on the muscles, the benefits can include reduced muscle tension, stimulate and balance the energy flow and loosen the muscle to increase vitality and mental wellbeing.</p> <ul style="list-style-type: none"> ▪ 30 mins \$50 ▪ 45 mins \$65 ▪ 60 mins \$75 ▪ 90 mins \$115 ▪ 120 mins \$140 	<p>REFLEXOLOGY/ FOOT MASSAGE</p> <p>A reflex action in the other parts of your legs can improve the nerve functions, raise energy levels and increase circulation using pressure point technique. We use Thai Balm to help stimulate blood circulation.</p> <ul style="list-style-type: none"> ▪ 30 mins \$50 ▪ 45 mins \$65 ▪ 60 mins \$75