



Karingal Green

HEALTH AND AGED CARE COMMUNITY

Wellness Centre

REMEDIAL MASSAGE THERAPY

Remedial massage therapy

Remedial Massage is a complementary therapy which aims to improve the health and wellbeing of an individual. The approach is holistic and takes into account the full picture of your health history. Using a range of modalities including deep tissue massage, trigger point therapy, myofascial release, lymphatic drainage and relaxation therapies, and your therapist will tailor a treatment to suit your individual needs and goals.

Remedial Massage may quickly ease a range of conditions such as sciatica, stiff neck and shoulders, headaches and back pain and is helpful for treating acute and chronic pain conditions, repetitive strain, recovery from surgery, injury management, improving sleep and stress management. There are many benefits to receiving regular massages, including general health and wellbeing maintenance.

Nicola Hogan, Massage and Wellness Therapist

Nicola is a qualified and registered massage therapist with twenty years of clinical and community experience. After completing her foundational training in 2000 at North Metropolitan TAFE, Nicola went on to work in some of Perth's top sports and clinical massage clinics. A sea change with a growing family saw a relocation to Margaret River for nine years, where Nicola owned and operated a successful remedial massage and wellness clinic for many years, before returning to the city for her children's secondary education.



Nicola is a passionate massage and wellness therapist who is a Senior Member and Mentor with the Association of Massage Therapists. Along with being a registered Remedial Massage Therapist with Health Fund Provider status, Nicola is also a Certified Pregnancy Massage Therapist, Yomassage Therapist, Meditation and Chair Yoga Instructor, Children's Yoga Educator and Essential Oil Wellness Educator.

Nicola can offer the following services and treatments: Remedial Massage: 30, 45, 60 and 90 minute sessions, Relaxation Massage, Pregnancy Massage, Aromatherapy Massage and Reflexology for Relaxation.

For more information contact the Karingal Green team today on:

T: 1300 096 988 E: wellness@karingalgreen.com.au

Massage Menu

Remedial Massage

The umbrella term for a range of soft tissue techniques aimed to improve posture, flexibility, relieve sore muscles and restrictions, manage injury and ease chronic or acute pain conditions. Treatments are designed to your specific needs and may include deep tissue massage, assisted stretching, trigger point therapy, myofascial release, lymphatic drainage, scar tissue massage and relaxation therapy.

30 minute, 45 minute, 60 minute and 90 minute treatments are available.

(Health Fund Rebates may apply, claim on the spot with Hicaps - check with your provider for your level of coverage first).

Relaxation Massage

A relaxation massage helps to destress and ease tension throughout your whole body. This is an excellent option for those who have been working hard or are under a lot of pressure. The treatment consists of flowing massage strokes and kneading at your chosen pressure. It is a pain free way to relax both the muscles and the mind.

60 minute and 90 minute treatments are available.

Reflexology for Relaxation

Reflexology is a type of therapy that uses gentle pressure on specific points along your feet to help you feel better, ease stress and promote wellbeing. Reflexology is complementary to medical treatments and can be done alongside traditional care. It is a great relaxation treatment for those who cannot receive massage therapy.

Treatments are 45 minutes.

Pregnancy Massage

A whole body massage that is designed to ease the aches and pains associated with a normal pregnancy. As the woman's body changes, extra pressure is put on the hips, lower back and feet, along with circulation. Massage during pregnancy is a great way to maintain wellbeing throughout the gestation period and may assist in preparation for birth and recovery.

Treatments are 60 minutes.

(Health Fund Rebates may apply; under remedial massage, claim on the spot with Hicaps - check with your provider for your level of coverage first).

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