

MASSAGE THERAPY



HEALTH & FITNESS

Our accredited and registered allied health professionals provide alternative and complimentary therapies with integrative techniques and dynamic but relaxing flow. Our treatments are tailored to meet every client's needs, optimising health and wellbeing for the body, mind and soul.

Chris and his therapists maintain their level of expertise through continuing professional education to ensure that the highest quality treatment is provided. Based in Noosa, Chris has provided massage therapy, health & fitness for a variety of clients for over fifteen years. This has enabled him to establish a loyal client base, locally, interstate and overseas..



Chris Watson

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Highest Qualified Therapists,
that come to you!

1 hr massage - therapeutic \$ 100

1/2 hr massage - neck head & shoulder \$ 55

A combination of massage techniques, performed as continual movements to unblock energy, so your muscles feel relaxed, leaving you feeling rejuvenated

1 hr massage - deep tissue \$ 110

A scientific method of application of massage, aimed at remedying chronic tension, and alleviating any complaint found in the muscular skeletal system

1 1/2 hr massage - combination \$ 130

With the additional time, we can use more of a variety of massage modalities to focus on acute symptoms, fascia release and restricted muscle function

1 hr facial - deluxe \$ 110

1/2 hr facial - mini \$ 60

Our signature style of facial, with specialised techniques, are both relaxing and stimulating, increasing the circulation and skin tone of the face. This also includes head, shoulder, neck and décolletage massage, using a full range of skin care products combined with hot towelling

1 hr massage - pregnancy \$ 100

Nurturing and very safe for the 2nd and 3rd trimester, we use a neutral blend of oil, with a flowing massage style to relieve associated fatigue, muscular aches, pain and postural alignment

1 hr head massage - ayevedic \$ 90

A unique version of Indian scalp massage that works with the body's natural energy (Ki) to release years of tension that can manifest into ailments and issues. This treatment includes massage of the neck, shoulders and facial sequence

1 hr massage - lymphatic drainage \$ 90

An extremely relaxing and rhythmical method of massage, that is aimed to speed up the removal of toxicity in the body, and stimulate the lymphatic system to help with excessive bloating and fluid retention

1 hr massage - sports \$ 100

Application of muscle lengthening and energy techniques that are designed to prepare the body and enhance performance levels, or to increase recovery and reduce muscle soreness after sport

15 min add on - hair \$ 20

Enhance the quality of your hair with an exquisite head and hair treatment with products that revitalise, nourish and restore

15 min add on - dry exfoliation \$ 20

Remove the dead and dry skin cells for a younger looking and youthful effect

15 min add on - reflexology \$ 20

Therapeutic massage of the feet, working on reflex points that correspond with other areas of the body

All health fund rebates & WorkCover

Gift Vouchers available