

FIND *your* BALANCE.

Relax, and remember to breathe..

Whether you like a gentle, firm or very firm massage; full body, or simply head & shoulders, our therapists can help you towards a more relaxed, energised and balanced state of being.

Whether you wish to purely relax and unwind, or perhaps would like to address a pain issue, at Samadhi Soul we would like to help you to Find Your Balance.

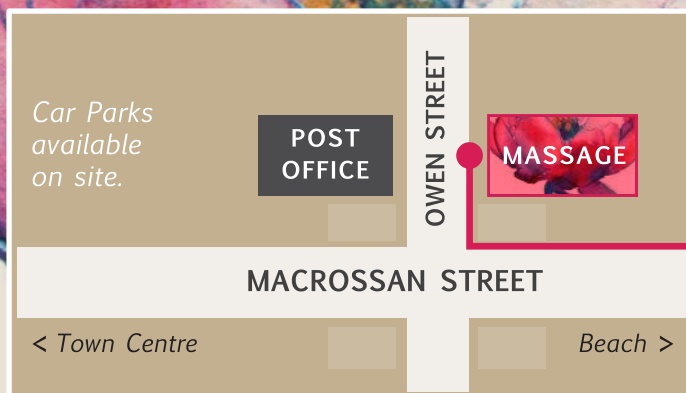
In addition to helping you relax, our well trained and experienced therapists love the challenge of solving problems. We combine a number of Remedial techniques and years of personal and professional experience to assist with remediation of localised pain, structural issues, nervous system disorders and balance problems.

At Samadhi Soul we also pride ourselves on clean, organic, natural practices that nurture our bodies and are environmentally sound. We use certified organic oils, our rooms are ionised with salt and our drinking water is local, fresh and pure.

For more information about our local business, please visit: www.samadhisoulportdouglas.com

SAMĀDHI *Soul*

PHONE (07) 4099 4334



LUKE MURRAY

Dip. Remedial Massage, Health Fund Accredited

SARAH GOLDFINCH

Dip. Remedial Bowen, Craniosacral

www.samadhisoulportdouglas.com

Open Tuesday to Saturday, by appointment

SAMĀDHI *Soul*
MASSAGE THERAPIES



FIND *your* BALANCE.

REMEDIAL • DEEP TISSUE • RELAXATION
MASSAGE THERAPIES
BOWEN THERAPY • CRANIOSACRAL

PHONE (07) 4099 4334

Owen Street, Port Douglas (opposite the Post Office)

MUSCULAR PAIN & MORE

Our qualified therapists are experienced with:

- Lower Back Pain / Sciatica / Lumbago
- Hip – Knee – Ankle and Foot Pain
- Upper Back and Neck Pain
- Shoulder and Arm Pain / Frozen Shoulder
- Tennis – Golfer Elbow / RSI & Carpal Tunnel
- Sporting Injuries + Inflammation
- Pre and Post Operative Conditions
- Headaches and Migraines
- Temporal Mandibular Joint (TMJ) & Jaw Pain
- Menstrual / Hormonal Problems
- Pregnancy and Post Pregnancy
- Bed Wetting
- Lymphatic Drainage and Circulatory Issues
- Vertigo
- Central Nervous System Disorders
- Stress and Tension Related Problems
- Sinus Congestion
- Digestive Disorders

IMPORTANT INFORMATION

Please advise us at the time of booking, if you would like to claim a private health rebate.

Please note late cancellations may incur a fee.

Late arrival may mean less treatment time.

Please arrive 5 mins before your appointment time.

At SAMĀDHI Soul, our massage treatments are ALL customised to suit YOUR needs.

PURE RELAXATION

- RELAXATION MASSAGE
Relax, unwind and let go of tension
- REIKI (fully clothed)
Energywork to calm the central nervous system
- LOMI LOMI ~ Hawaiian Massage Experience
Head to toe, flowing relaxation massage

ALSO AVAILABLE

- FOOT REFLEXOLOGY (fully clothed)
Free up the feet, to free up the body.
- MASSAGE FOR CHILDREN
- HICAPS ~ On-the-spot Health Claims
Please advise intention to claim at the time of booking
- GIFT VOUCHERS ~ The Perfect Gift
- HEALTH SUPPLEMENTS + PRODUCTS

THERAPEUTIC TREATMENTS

Our therapeutic treatments are all customised for you. We may use several techniques, such as the following:

- REMEDIAL MASSAGE
A targeted remedial treatment for specific pain issues. Can be gentle, firm or deep, relaxing or intensive.
- LYMPHATIC DRAINAGE
Stimulation and decongestion of the lymphatic system reduces inflammation and accelerates healing.
- BOWEN THERAPY
A remedial, muscular pain release technique. Also available as a stand-alone clothed treatment.
- WARM STONES
We may include heated stones in your treatment.
- CRANIOSACRAL THERAPY
For vertigo, migraines, nervous system rebalancing. Also available as a stand-alone clothed treatment.
- PREGNANCY MASSAGE
Customised relaxation or remedial treatments for all stages of pregnancy.

DURATION + PRICES

30 mins\$70

45 mins\$90

1 hour\$110

1.5 hours\$160