

QUALIFICATIONS:

Carole's qualifications are as follows:

- ❖ Diploma in Aromatherapy [Aust]
- ❖ Holistic Clinical Aromatherapy and Therapeutic and Acupressure Massage [UK]
- ❖ Diploma in Reflexology [Aust]
- ❖ Diploma in Remedial Massage [Aust]
- ❖ Certificate in Indian Head Massage [UK & Aust]
- ❖ Advanced Certificate in Massage in Pregnancy [UK]

Carole is a member of:

Australian Traditional Medicine Society
[ATMS]

CLASSES

Carole is also available to teach classes in Aromatherapy

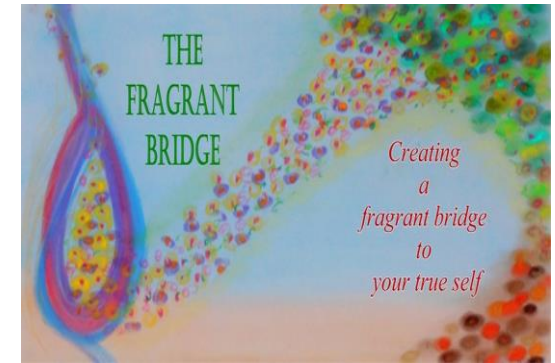
Email, phone or see website for further details.

PRICE LIST: MASSAGE

AROMATHERAPY	1hr	\$90
PREGNANCY	1hr	\$90
REMEDIAL	1hr	\$90
HEAD AND TOES	1hr	\$90
INDIAN HEAD	½hr	\$50
SPIRITUAL ESSENCE AROMATHERAPY	Session	\$120
TRUE ESSENCE HEALING	Session	\$120

GIFT VOUCHERS AVAILABLE

**Rebates for ATMS practitioner services
are available from some health funds.**



BUSINESS HOURS

WEDNESDAY	12.00MD - 8PM
THURSDAY	9.30AM - 4.30PM
SATURDAY	9.00AM - 4PM

PADSTOW

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AROMATHERAPY MASSAGE

Aromatherapy is the holistic application of essential oils to improve physical and emotional well being.

Combining the benefits of essential oils with those of therapeutic massage produces a deeply pleasurable yet highly effective way of healing.

I specialize in helping people to deal with their emotional issues such as grief or loss, feeling ungrounded and stress. I prepare a blend especially for you.

SPIRITUAL ESSENCE AROMATHERAPY MASSAGE

A spiritual essence aromatherapy massage begins with a mini card reading to choose the most appropriate essential oils for you. Reiki, crystals and healing symbols are also used when appropriate. The massage finishes with the sounds of a Tibetan bell to balance your chakras. You will also take home a small bottle of your blend to continue your treatment at home.

REMEDIAL MASSAGE

Remedial massage is used to treat specific musculoskeletal problems and injuries. A variety of manual techniques are used to soothe and correct these and associated problems, working on the muscles, tissues and joints to establish harmony and balance.

HEAD AND TOES

Head and toes is an hour of magical bliss in which I will massage your neck and shoulders, stimulate your scalp and pamper your feet as well as stimulate the pressure points, which relate to every part of your body. There is no need to undress.

The ideal treatment for people who spend too much time on their feet or in their heads.

INDIAN HEAD MASSAGE

Indian Head Massage is a fast and effective technique for destressing and calming. Tension is often stored in the shoulders, neck and head areas, causing headaches, neck and shoulder pain. Indian Head Massage works on the upper back, shoulders, arm, neck, head and face to relieve this stored tension, thus helping with the above symptoms in addition to relieving insomnia, eyestrain and boosting the immune system.

There is no need to undress as the massage is done fully clothed while seated in a chair.

You may wish to bring a comb to do your hair after the massage.

PREGNANCY

Massage can be beneficial in promoting relaxation, soothing jangled nerves and relieving an aching back, shoulders, legs and feet during pregnancy.

It can instil a feeling of well being not only in the mother but also the unborn child.

Essential oils are used to bring a deeper sense of relaxation and ease those aches and pains.

TRUE ESSENCE HEALING

True Essence Healing uses the energetic properties of essential oils to restore your true self. Being out of alignment with your true wishes and desires can result in emotional and physical disease/unease.

True Essence Healing is designed to bring you back to your true self. It is a customised soul level healing using essential oils and some or all of the following; energetic balancing, healing symbols, reiki, sound, crystals and short meditations.

It helps you to re-connect on a deep level to the core essence of your being, to recover a sense of your true self.

Essential oils are always used either on the body by anointing or in the aura. As there is no massage involved there is no need to undress.

Each session is unique. During the session we will discuss ways in which you can continue your healing at home.