

### Remedial/Sports Injury

We will work on your muscles with a variety of deep tissue massage techniques which focus on the healing of musculoskeletal injuries that are causing pain and restriction in your movement. This massage is excellent if you like firm pressure or if you practice a lot of sport. This treatment also incorporates triggerpoint therapy which locates triggerpoints (aka knots) that cause and refer pain and general tightness and relieves these areas to increase range of movement and decrease pain.

\$60

### Four-Handed Massage

Divinity's Specialty - Anita and Jake combine to create one of the most therapeutic treatments on the Gold Coast. Four Handed massage incorporates techniques such as remedial, hot stones, ka huna and swedish to take the body into pure bliss while still having an amazing rejuvenating massage that relieves the toughest of tension and relaxes the tightest of muscles. Four Handed massage is a must try treatment as words struggle to explain how the body feels after such a divine treatment. A perfect gift idea!!

\$90

### Myotherapy

This is an innovative, holistic and restorative treatment, using therapeutic massage techniques with yogic influenced stretches. Designed to bring the deeper more problematic tissues to the surface, the stretch allows the tissue to soften and release without the need for excessive force. Each stretch position is tailored to treat each individual condition while improving flexibility and reducing symptomatic pain and tension. Ideal for anyone that wants to go beyond a remedial massage.

\$65

### Hot Stones Massage

This deeply relaxing massage uses the weight and warmth of riverbed stones to work through layers of muscular tension. As you absorb the energy and heat of the stones, your blood and lymph will be stimulated to assist with detoxification and your mind will settle into a deep place. Your muscles will be ultimately relaxed and will aid in the removal of toxins such as lactic acid. Physically and emotionally this is a treatment for anyone and a must try for the highly stressed, athletes and also massage enthusiasts.

\$60

### Ka Huna Massage

This indigenous Hawaiian massage will take you on a journey of discovery with traditional and captivating massage techniques. The massage strokes are long and sweeping and as your mind wanders you will find your inner voice and once again feel free and liberated. Truly one of the most relaxing and rejuvenating treatments ever invented, hence its history dating back for hundreds of years.

\$60

### Lymphatic Drainage

The power of gentle touch and delicate rhythmic strokes working towards the lymph nodes promote the flow of lymph which lies just below the skin's surface. Our lymphatic massage will support the immune system, provide relief from swelling, reduce cellulite, remove toxins, reduce pain and assist with inflammation.

\$50

### Aromatherapy

Relieve stress and muscle aches while balancing your mind and emotions. Nurturing touch works in synergy with a blend of pure essential oils to deliver a gentle yet highly therapeutic treatment.

\$50

### Relaxation Massage

Surrender and revitalise with a light full body massage that will soothe general surface tension and soreness. The massage strokes softly flow allowing your mind to wander, leaving you in a state of relaxation and rejuvenation.

\$50

All prices are for One hour treatment.

90min and 120 min treatment rates also available.

Pensioner discount \$10 off each treatment.

Gift Vouchers available.

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