

PRICE LIST

Pain Relief

Remedial Treatments

1/2 hr - \$45

1hr - \$70

90 mins - \$100

Stress Relief

Relaxation Treatments

1/2 hr - \$45

1hr - \$70

90 mins - \$100

Health Fund Rebates

Gift Vouchers

To Make Your Appointment , Please Call:

0403 761239

Email

penny@bowralmassagetherapy.com

Directions to get to your Massage Therapy Treatment



Penny Piccione
Bowral Massage Therapy
1/8 Walker St Bowral
Ph: 0403 761239

A NATURAL WAY TO RELIEVE PAIN & STRESS



**Find relief for aching
necks, backs,
shoulders
and more!**

Penny Piccione

Bowral Massage Therapy

1/8 Walker St Bowral

0403 761239

www.bowralmassagetherapy.com

Do you suffer from nagging neck or back pain that interferes with the things you love doing?



Unresolved back pain is a major cause of reduced quality of life.

Massage Therapy works efficiently and specifically to restore wellbeing

Chronic pain is an awful thing to go through and the worst thing about it is, that the pain has control over you.

You've probably tried every remedy from medication, to

yoga, going to the gym to heat packs—maybe even trying the good old 'mind-over-matter', but nothing seems to work.

Unfortunately, the pain is still there. You've probably resigned yourself to the idea that you'll just have to live with it.

Symptoms like back and neck pain are a silent enemy, because you can't see it, others don't know you have it, but you still have to carry on daily life, whether that's at work in an office, factory, or running a home and looking after children.

Massage Therapy can help relieve back, neck and other muscular pain, so you can get on with your life....

... and the good thing is, its drug-free!

Massage Therapy helps to relax tight muscles. You see, in a lot of cases, back and neck pain can be muscular problems. That's good news for you!

That means that muscles around the spine can tighten up due to certain activities, which puts pressure on nerves and registers pain in the brain.

If this is left unresolved, it becomes chronic and can lead to other problems (such as sciatica, or frozen shoulder). It will usually not resolve by itself—this is where Massage Therapy comes in.

Because Massage Therapy is perfectly suited to this type of condition—being a 'hands-on' treatment that works directly on the problem areas to break the vicious pain cycle.



**My name is Penny Piccione.
I am a Qualified and Certified Massage Therapist.**



With my help, you can be back on your feet again with reduced, or, in some cases, no back or neck pain (depending, of course, on the nature of your problem), restoring quality of life back to you.

My Guarantee To You

Client modesty and privacy is respected at all times and you are never made to feel uncomfortable. The body is covered during the treatment, only uncovering the area being worked on.

(If you have not received a massage treatment before and have any concerns, please give me a call and I would be happy to discuss the process with you.)

**To Make Your Appointment For A Massage Therapy Treatment, Please Call Me On:
0403 761239**

Health Fund Rebates

**Clinic Address:
Penny Piccione
1/8 Walker St Bowral
0403 761239**

Email: penny@bowralmassagetherapy.com