



REMEDIAL
MASSAGE
Aireys Inlet

Remedial Massage Therapy treatment is applied in the **preventative, corrective** and **rehabilitative** phases of therapy to restore and maintain the normal integrity of soft tissue structures.

Remedial Massage is effective in treating a wide range of conditions and ailments, such as, but not limited to:

- Neck and back pain
- Stress
- Tension headache
- Jaw pain
- Frozen shoulder
- Sciatica
- Tennis elbow
- Plantar fasciitis
- Muscular spasms
- Muscle cramps

t2Lfitness
* torquay to lorne

For bookings or enquiries, contact Lisa
on 0402 222 252. Private health rebates apply.
Mobile service available between
Torquay and Lorne.

www.t2Lfitness.com