



MassageToWellness



Reservations

Tel: 074 531 6113

Email: admin@massagetowellness.co.za

Massage To Wellness is a boutique massage studio situated in Somerset West specializing in a range of therapeutic massage therapies for your health and wellness.



Sports/Deep Tissue

To help prevent injuries, to prepare the body for athletic activity and maintain it in optimal condition and recover from workouts and injuries.

Shiatsu

Apply pressure using only the fingers, palms and thumbs on points related to the central and autonomic nervous systems.

Neuromuscular/Clinical

A specialized form of massage therapy that works with static pressure on specific myofascial points in order to relieve pain.

Swedish

A variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones.

Lymph Drainage

Encourages the natural drainage of the lymph, which carries waste products away from the body toward the heart and liver.

Additional Therapies (on request)

Aromatherapy, reflexology; back, neck & shoulders; hot stone and pregnancy.

Rates & Massage Packages

Hourly massage rate is R570

Or buy in bulk and save!

4 x One Hour Massage for only **R1990!**

3 x One Hour Massage for only **R1560!**

2 x One Hour Massage for only **R1070!**

Benefits of Massage



Pain Relief

Relief of back pain and inflammatory conditions such as arthritis and tendonitis.



Maintenance

Treating of muscle injuries and related conditions such as spasms, strains and sprains.



Recovery

Post-injury and surgery to decrease recovery time.



Organic

We only use pure and organic essential oils in our massages.



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