

Relax and unwind

On-campus massage therapy services

ara.ac.nz

Ara is a Business Division of Te Pūkenga – New Zealand Institute of Skills and Technology.



All services are performed under the supervision of a qualified professional. As this is a training clinic, only a limited range of services are available.

Relaxation Massage \$40

Enjoy a full body massage to improve circulation, relieve minor tension and promote overall relaxation.

Hot Stone Massage \$40

Relax as we ease tense, tired muscles by applying smooth, flat, heated stones to the body during this 60 minute relaxation massage treatment.

Sports Massage \$40

A tailored massage to meet your sport recovery needs. Moderate to firm pressure sports techniques on your chosen muscle groups within the allocated session time. This includes an assessment overview of movement patterns and self-care advice.

Semester 2 clinic dates

Mondays: 29 July; 5, 12, 19 & 26 August; 2, 9, 16 & 23 September; 14 & 21 October; 4 November
Session times:
8.50am, 9.00am, 10.20am, 10.30am

Wednesdays: 24 July; 7, 14, 21 & 28 August; 4, 11, 18 & 25 September; 16, 23 & 30 October; 6 November
Session times:
8.50am, 9.00am, 10.20am, 10.30am

Discounts

Enjoy a massage for less!

Ara students - \$20

Ara staff - \$25

(please bring Ara ID for discount)

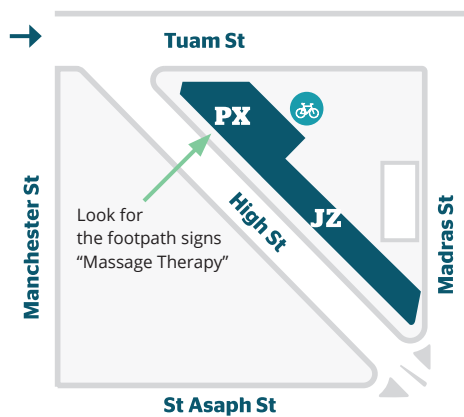


Contact us today for an appointment.

Email: massageappointments@ara.ac.nz

Payment by EFTPOS only – no ApplePay, GooglePay or PayWave.

The massage clinic is now situated in PX block at 144 High Street. Opposite the Black and White Coffee Cartel.



Please give 24 hours notice if you wish to cancel your appointment. Failure to do so may incur a cancellation fee of 50% of your original appointment. This fee will need to be paid before any future appointment.

Please note: For health and safety reasons and the comfort of yourself and others, children under 16 years old (including babies) are not permitted within Ara clinics.

0800 24 24 76

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