

Massage therapy services

Relax and unwind

To book your appointment:

P: 03 940 7625

E: treatments@ara.ac.nz

144 High Street, City campus, Christchurch



ara.ac.nz
0800 24 24 76

ADVANTAGE YOU

Kia raka te matau, kia raka te mauī

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

Relaxation Massage - one hour \$20

This service is designed to soothe the mind and body. You can ask your therapist to focus on specific areas of the body, or enjoy a full body massage to improve circulation, relieve minor tension and promote overall relaxation. Performed by a Level 5 student.

Clinic dates

Term 3

Tuesdays, 8.30am and 10.30am 3, 17, 24 & 31 August
7, 14, 21 & 28 September

Term 4

Tuesdays, 8.30am and 10.30am 19 & 26 October
2, 9, 16, 23 & 30 November

Remedial Massage* - one hour \$30

This service starts with a clinical assessment followed by a neuro-muscular technique massage to treat and assist the neuro-musculoskeletal system for optimum health and vitality. Performed by a Level 6 student.

Clinic dates

Term 3*

Tuesdays, 1.30pm and 3.15pm 3, 17, 24 & 31 August
7, 14, 21 & 28 September

Thursdays, 1.30pm and 3.15pm 29 July
5, 12, 19 & 26 August
2, 9, 16, 23 & 30 September

**Please note, Term 3 sessions may take up to 75 minutes which allows for extra assessment time if required.*

Term 4

Tuesdays, 1.30pm and 3.15pm 19 & 26 October
2, 9, 16, 23 & 30 November

Thursdays, 1.30pm and 3.15pm 21 & 28 October,
4, 11, 18 & 25 November



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Payment by EFTPOS only.

