



## Relax and unwind

Massage therapy services

To book your appointment:

P: 03 940 7625

E: [treatments@ara.ac.nz](mailto:treatments@ara.ac.nz)

144 High Street, City campus, Christchurch



[ara.ac.nz](http://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 \$30

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

**Semester 1** - Full Body Relaxation Massage only

Tuesdays, 9am and 10.45am      3, 10, 17, 24 & 31 May  
14 June

**Semester 2** - Specific areas or full body massage available

Tuesdays, 9.15am and 10.45am      2, 9, 16, 23 & 30 August  
6, 13, 20 & 27 September  
18 & 25 October  
1, 8, 15 & 22 November

## Remedial Massage - one hour \$40

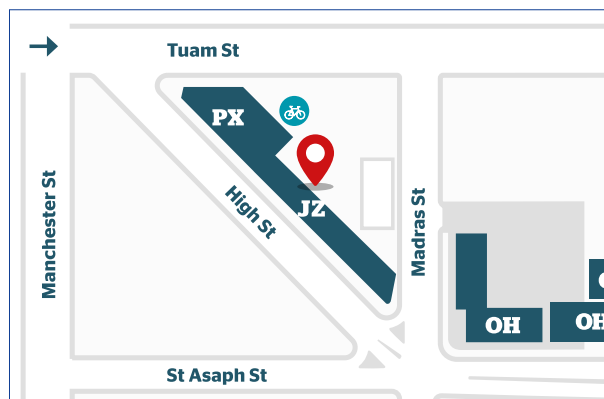
This service starts with a clinical assessment followed by a neuro-muscular technique massage to treat and assist the neuro-musculoskeletal system for optimum health and vitality. Performed by a Level 6 student.

### Clinic dates

Remedial massage will be available on Tuesday afternoons beginning in August. Email [treatments@ara.ac.nz](mailto:treatments@ara.ac.nz) for details.

## Ara student discount

Enjoy an hour-long relaxation or remedial massage for just \$20.



Contact us today for an appointment.

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**Payment by EFTPOS only.**

Please arrive wearing a mask and bring your vaccine pass and proof of ID.

