



Relax and unwind

On-campus massage
therapy services



Te Pūkenga

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

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

Specific areas or full body massage available

Mondays, 11am	29 May 12 June
Tuesdays, 1.30pm and 3.15pm	23, 30 May 6, 13, 27 June
Thursdays, 11 am	25 May 1, 8, 15, 22 June

Clinic dates – Semester 2

Tuesdays, 9am and 10.45am	1, 8, 15, 22, 29 August 5, 12, 19 September 10, 17, 24, 31 October 7, 14 November
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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.

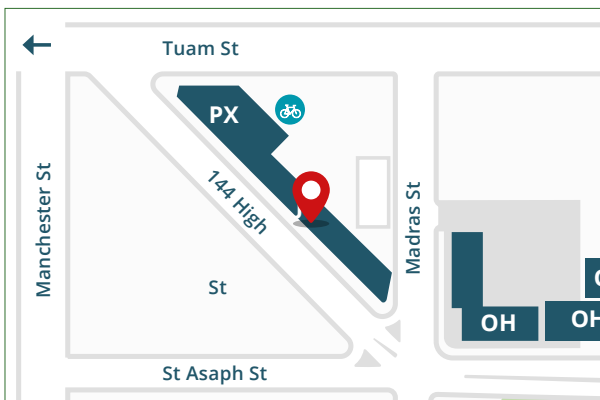
Clinic dates – Semester 2

Wednesdays, 1.30pm and 3.15pm 2, 9, 16, 23, 30 August
6, 13, 20 September
11, 18, 25 October
1, 8, 15, 22 November

Thursdays, 1.30pm and 3.15pm 3, 10, 17, 24, 31 August
7, 14, 21 September
12, 19, 26 October
2, 9, 16 November

Ara student discount

Enjoy an hour-long relaxation or remedial massage for just \$20. Please bring proof of ID for discount.



Contact us today for an appointment.

Email: treatments@ara.ac.nz

Payment by EFTPOS only.



To book your appointment:

E: treatments@ara.ac.nz

144 High Street, City campus, Christchurch

ara.ac.nz | 0800 24 24 76
