



# massage therapy

Massage is the manipulation of soft tissues with the use of the hands by trained therapists for the purposes of relaxation, pain and tension reduction and to improve general mobility.

Massage therapy is extremely beneficial for people leading busy lifestyles as it not only promotes mental relaxation but also works to relieve back and neck pain that result from postural strain (e.g. sitting for extended periods at a desk or hard physical labour).

We offer a wide range of massage techniques including **deep tissue, remedial, sports, relaxation, lymphatic drainage** and **pregnancy**.

At head to toe healthcare our massage therapists work very closely to support the treatment by our osteopaths and physiotherapists and can be used as a stand alone alternative for the management of a wide range of complaints, such as:

- Muscular tension
- Headaches and migraines
- Work related stress
- Repetitive strain injury (RSI)
- Depression
- Insomnia
- Arthritis
- Eating disorders and digestive dysfunction
- Pre-natal pregnancy conditions
- Fibromyalgia
- Spondylitis
- Whiplash, and
- Sports and dancing injuries

Many people wait until they are already in pain before turning to massage, but why let it get that bad? It is our belief that regular massage should be used as a preventative measure so that such injuries do not occur. Regular massage maintenance will increase your overall sense of wellbeing for optimal physical and mental health.



**head to toe healthcare**

suite 5, 324 south rd  
hampton east 3188

[www.headtotoehealthcare.com.au](http://www.headtotoehealthcare.com.au)

**p. 1300 10 10 20**

## practitioners



### Steve Anastasopoulos

Remedial Massage Therapist, M AAMT

Our newest member to the **head to toe** team is Steve, a fully qualified and experienced remedial massage therapist who is currently furthering his repertoire of therapeutic techniques by completing his Myotherapist qualification.

Steve has also worked with a sporting club at high competitive level brings knowledge and understanding of a range of issues which may be presented to him in private practice. He finds that best results are achieved when incorporating a range of techniques such as stretching , myofascial release and cupping.

Steve is a current member of the Australia Association of Massage Therapist and is available at our **Hampton** clinic. He is registered for private health insurance rebates through our HICAPS machine. **Steve is registered for WorkCover, TAC & DVA patients.**

**Steve believes massage should play an important part in the life of all people as it can provide relief from a range of aches and pains, assist in calming the nervous system, decrease stress, improve the blood supply within the soft tissues, but most importantly used for injury prevention.**

## consultation charges

*don't forget about our exclusive rewards card: 5<sup>th</sup> visit get an hour for the price of half an hour & your 11<sup>th</sup> visit is FREE\*  
(\* conditions apply)*

standard	90 minute	<b>\$100</b>
	60 minute	<b>\$70</b>
	30 minute	<b>\$40</b>
concession	90 minute	<b>\$85</b>
	60 minute	<b>\$60</b>
	30 minute	<b>\$36</b>