

Remedial massage therapy is a whole body treatment that involves the use of differing massage techniques. Your qualified Muscle Harmony massage therapist will specifically design a treatment to target your area of need.

How can a qualified massage therapist help you?

- Find the source of your problem
- Provide a postural assessment
- Realign muscle fibres
- Calm the peripheral nervous system to relieve pain
- Remove wastes and toxins in the body
- Relieve muscle tension and stress
- Provide relaxation
- Provide suggested exercises to complement your professional treatment
- Optimize general well being

[Book now for a massage](#) you will enjoy and your body will love you for!



Techniques we use:

- Remedial Massage therapy
- Sports
- Deep Tissue
- Myofascial release
- Trigger Point
- Cupping
- Pregnancy
- Dorn Spinal Therapy
- Emmett Therapy

Find out more about our techniques.

Jane is situated in the Melbourne south eastern suburb of Wantirna and welcomes you to her comfortable room for treatment. If the situation requires it, Jane can come to you.

Why not call Jane to relieve your pain today? 0401 327 507



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