

Clinic Locations & Contact Numbers:

Creek St Clinic: 99 Creek St (Cnr Adelaide) —3229 0115 Ann St Clinic: 69 Ann St (City Plaza)—3229 9334



Kathy Partridge
Remedial Therapist

Qualifications:

Dip. Remedial Massage

Specialty: Reflexology
Deep Tissue,
Acupressure &
Remedial Massage

Ann St - Tuesdays

**Creek St - Mondays &
Friday**

Interests:

Playing with her dog,
learning new



Jenny Ly
Osteopath

Qualifications:

BA Applied Science
(Osteo) M. Osteo

Specialty:
Osteopathy

Based at Creek St:
Wednesdays &
Thursdays

Interests:

Camping, travel

Corporate Backrub Programs

At Assiram Natural Therapies we provide a service called the Corporate Backrub Program.

The Corporate Backrub Program is an in-house program where our qualified therapists bring the massage to you. Ergonomic massage chairs are set up away from your workstation and phone, ensuring the best benefits are received from your treatment. Often work places can become stressful environments as deadlines and pressures accumulate. A 15minute backrub can clear the workspace of this accumulated tension, enhancing relationships and boosting productivity.

"Employers find this service extremely advantageous." says John Davies, one of our on-site remedial massage therapists. "It gives their employees something to look forward to and just shows them that their hard work is appreciated."

The seated massage has been specifically designed to relieve stress

and target problem areas of the body. It incorporates elements of Shiatsu, a Japanese massage technique without oils. The treatment can be performed as firmly or as gently as required. Your employee is seated in an ergonomic chair which is adjustable to suit their individual shape, including pregnant bellies!

"..gives employees something to look forward to..."

Imagine having your team take just 15 minutes each to be thoroughly pampered and refreshed. Scientists tell us the body regenerates



the brainwave cycles that occur just below normal waking consciousness. This is the zone your staff can visit during their seated massage treatment.

There are many benefits from establishing a Corporate Backrub Program for employees. Bernard Canavan from Portfolio Corporate Communications comments on his experience.

"Our Corporate Backrub Program has created an enormous positive response over the last few years. We feel our team deserves a meaningful incentive and valuable benefit for their hard work, so Backrubs are offered during work hours, funded by us. In our very competitive industry, characterised by deadlines and long hours at the computer, these treatments are a validation at a corporate level of their efforts. It shows that we care about them, their posture and how they feel at work. The program is perceived as a significant benefit and strengthens the good feelings they have about working at Portfolio".

For more information on the Corporate Backrub Program, please refer to our website www.assiram.com.au or contact our Corporate Coordinator, Christine, to organise a Corporate visit today:

- We would love to hear your feedback - call our clinic or email assiram@assiram.com.au

Aromatherapy and the pregnant woman

Aromatherapy is beneficial throughout all stages of pregnancy. Being pregnant can be the most exciting and at the same time the scariest time of a woman's life. Being individuals, a woman's body is going to handle it the way it knows best. There is no textbook that can say exactly what is going to happen.

Aromatherapy fits beautifully with an exciting time like pregnancy because it is beneficial to both the physical and emotional challenges that a woman may experience.

The more a woman can stay relaxed

and positive during the pregnancy, the more pleasurable the experience will be. Whether seeing a qualified aromatherapist for treatments or utilising the essential oils in the home, aromatherapy will help you handle those times where you are feeling a little delicate or experiencing discomfort.

Below are some remedies to get you started. For a deepened understanding of aromatherapy we stock **Essential Woman & Man. A guide to using aromatherapy.** By David Webb & Jennifer Jefferies.



Morning Sickness

4 drops Spearmint
3 drops Ginger
3 drops Lavender
Compress over abdomen or inhalation.

Perineal Massage Oil

3 drops Rose
2 drops Lavender
2 drops Geranium
25ml Rosehip Oil
Massage the perineum.

Mood Swings Oil Burner Blend

1 drop Vetiver
3 drops Ylang Ylang
2 drops Geranium
4 drops Orange

Post Natal Fatigue Massage Oil

3 drops Mandarin
2 drops Peppermint
2 drops Eucalyptus
2 drops Lemon
50ml sweet almond oil

Are you looking for chemical free skin and hair care products?

Come in and check out our range of **Scentual NRG** products. We stock massage oil, essential oils and body and hair care products for both men and women. Great gift ideas, and all products are **SULPHATE FREE**.



Interesting facts about your body...



The eyes are the most active muscles in the whole body.



The human body is better suited for two four-hour sleep cycles than one eight-hour one.

The lifespan of a taste bud is 10 days



**Saturday
Massage
Appointments
Available @
Creek St Clinic
by appointment
Phone: 3229 0115.**