

## Hello & welcome,



I began Merakai Massage because of my own personal journey and life experiences, together with my long-time interest in using massage therapy to help heal the body.

I am passionate about massage and the restorative benefits it can provide no matter what your situation in life.

For me, massage offers a means to help reduce body aches and pains, and rebalance our bodies. It also offers a nurturing aspect - whereby one person helps another to restore a level of personal calm and perspective.

Merakai Massage is a sanctuary where you are welcome to find that relief and balance - and leave feeling recharged and ready to take on life again.

With a further special interest in pregnancy massage, we also offer therapies to help nurture and support women and their partner on their journey to parenthood.

To apply my study, together with my intuitive feel of a person's state, and help restore them to a state of balance is a rewarding vocation for me.

At the end of a day of massaging clients, I finish with a sense of achievement, calmness and balance that I have helped someone.

I look forward to helping you too.

**Jodie Isles\***  
**Merakai Massage Therapies**

\*Jodie has a Diploma - Remedial Massage Therapist, and is a Pregnancy Massage Australia NurtureLife@ practitioner.



We offer the following massage therapies:

- Remedial
- Relaxation
- Deep tissue
- Pregnancy
- Postnatal
- Massage for labour (partner training)

## Contact

**To make an appointment, or if you would like to know more about the benefits of massage and how we can help you, please contact us at:**



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



0438 547 536



[info@merakaitherapies.com.au](mailto:info@merakaitherapies.com.au)



Merakai Therapies



Balmoral, QLD 4171



Providing a sanctuary to relax, restore and feel nurtured through the art of massage.



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HICAPS and health fund rebates available



## Body Massages

When you arrive at Merakai Massage, we discuss and assess your needs before we begin any massage. This first step is very important so we can provide a treatment that is right for you.

We offer the following body massage therapies to help relax and restore you. We discuss which option, or combination of options, is best for you.

### Remedial

Remedial massage helps to relieve and assists to correct misalignment in the body and/or muscle imbalances that are causing pain or reduce your range of movement. This is generally caused by repetitive movements, prolonged periods in the same position or injuries.

### Deep Tissue

Deep tissue massage focuses on realigning deeper layers of muscles. It is used for chronic aches and pain and contracted areas, these include: stiff neck and upper back, low back pain, leg muscle tightness and sore shoulder.

### Relaxation

This treatment is designed purely to soothe and relax you by using long smooth gliding strokes with pressure that is deeply relaxing but not painful.

60mins \$80

90mins \$110



## Pregnancy, Birth & Postnatal Massages

Welcoming your new baby into our world is a wonderful journey. It can also be a challenging time for women as many changes occur within their body to support their growing baby.

To help you on your parenting journey, we offer the following specialist massage therapies. These are designed to help you adjust to the physical and emotional changes throughout pregnancy with more comfort and ease, as well as help prepare you for labour and the recovery after childbirth.

### Pregnancy

We offer a variety of specialist techniques to help support the physiological and structural needs of your changing body, as well as your emotional needs. Pregnancy massage offers many benefits including to:

- sooth and relax nervous tension and anxiety
- aid circulation
- assist with fluid retention
- alleviate or reduce common muscular discomforts and tension most commonly felt in the: lower back, hips, upper back, neck and shoulders.

Most importantly, this massage offers a mother-to-be the time to embrace her pregnancy and to rest, relax and recharge her body.

75mins \$110

90mins \$130



## Massage for Labour

We offer you, and your partner, techniques and massages that can help you prepare and manage your labour.

We work with you to find positions and teach you techniques that can help reduce discomfort, and maintain relaxation and focus during your labour. We also work with you to create a birthing environment that can help you feel more relaxed and comfortable.

Starting from

\$150 (90mins)

### Postnatal

After childbirth we can help your body with the recovery. Using massage techniques that can help:

- reduce fatigue
- balance hormones and the emotional adjustment to being a new mum
- rebalance the postural changes that take place from pregnancy to holding your newborn
- strengthen and tone abdominal muscles.

60mins \$80

90mins \$150

**For further information about all our massage therapies, please visit:**

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

