

Why is Jema Clinic massage different?

Here at Jema Clinic we have a therapeutic basis for our massage therapy. We offer three different intensity levels; low level Intensity, medium level intensity, and high level intensity. Low level intensity focuses on only on the affected area with gentle massage with or without oil. Medium intensity massage focuses more on working on the root of the problem. It uses firm pressure to get rid of some residual tension and treat the cause of the pain. Medium intensity massage can cause some discomfort and usually takes a minimum of 25 hrs treatment. High level intensity involves using high levels of pressure to work out all of the residual tension from the corresponding areas of pain. High level intensity can cause medium to high levels of discomfort and can take more that 35hrs of treatment but is useful for resolving hard to treat issues. The duration of the massage therapy may vary according to the patients condition. Jema clinic also offers pain treatment options which include the use of a pain relief patch. This patch contains both pain relief and herbal components and can be kept on for 3 days. It is oil free and is applied directly to the skin.



Prices

Full body hand massage.....	\$70.00
Back and shoulder hand massage.....	\$30.00
Legs and back hand massage.....	\$35.00
Full body hand and chair.....	\$70.00
Chair only.....	\$50.00
Reflexology treatment.....	\$35.00
Shiatsu massage.....	\$25.00
Acupressure.....	\$30.00
Pain relief treatment.....	\$5.00
Aroma therapy.....	\$35.00
Doctor consultation.....	Bulk billed



Jema Clinic massage therapy



Types of massage

Shiatsu - Shiatsu is Japanese in origin and works on the energy flow of the body. It uses finger-pressure massage along the acupuncture 'meridians' (the invisible energy channels in the body), to stretch, and open these channels, releasing any blocked energy and re-balancing the flow of energy through the body. This type of massage is done fully clothed and can be done on a specific point on the body or as a full body treatment.

Shiatsu is useful for treating a range of ailments, from acute to chronic from physical to emotional. It can treat structural problems such as bad necks, backs or poor posture, as well as conditions like menstrual difficulties, skin disorders, digestive problems and migraines or with more psychological issues such as depression or stress.

Shiatsu involves sharing with the masseuse any relevant issues so that the treatment can be tailored to your needs.



Reflexology - Also known as 'zone therapy', is based on the theory that there are reflex points on the feet, hands and head that are linked to every point in the body. It uses pressure that is applied to various zones on the hands, feet and ears to relax the body, promote circulation, ease pain and promote healing. Reflexology can help with a wide range of problems including; Period pain, PMS, pregnancy, stress and anxiety, digestive conditions, sinuses and headaches. Reflexology is used in the treatment of both physical ailments and emotional ailments.

A reflexology consultation includes a comprehensive discussion about any relevant issues and is then followed by a gentle massage before the masseuse starts to work the reflex points.



Acupressure - Acupressure originates from China and is the process of applying pressure to certain points on the body to promote the healing and stimulate chi. Acupressure is very similar to acupuncture in that it uses the same pressure points to achieve results, however it does not use needles, instead using hands, elbows, and other aids to massage the pressure points. Acupressure is to treat stress and anxiety, relax the mind and body, promote circulation, aid in the removal of toxins from the body, provide pain relief, increase energy levels and overall feeling of wellbeing, and decrease labour pains. Like other massages, a acupressure consult will involve a discussion about any relevant issues, which is then followed by a relaxing acupressure treatment.

