

Appointments

Appointments are made by phoning the Centre at anytime however keep in mind we only book massage appointments a month in advance.

Massage is available on Wednesdays & Fridays

There is a cancellation list where clients can leave their name and contact details and be called if an appointment becomes available.

There are limited appointments available.

Clients are entitled to 3 - 4 appointments in a six month period, January to June then July to December.

The massage appointment is an hour but time being massaged is less than an hour due to history taking, assessments and discussion regarding treatment plan. So please be on time.

BLUE MOUNTAINS WOMENS HEALTH AND RESOURCE CENTRE

124 Lurline Street
Katoomba NSW 2780

Phone: (02)4782 5133

Fax: (02)4782 6450

www.bmwhrc.org



Please note the Blue Mountains Women's Health & Resource Centre and grounds are a smoke free environment and as such all **smoking** and use of e-cigarettes is **banned** under the **Smoke-free Environment Act 2000** and the **Smoke-free Environment Regulation 2016**. These **bans** protect people from harmful second-hand **tobacco smoke**. There is no safe level of exposure to second-hand **smoke**.

We are funded by Nepean Blue Mountains Local Health District through NSW Dept of Health and the Dept of Family & Community Services (FaCS)

We acknowledge the Gundungurra and Darug people as the Traditional Custodians of the land we live and work on.

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Having a

Massage

here at the BMWHRC

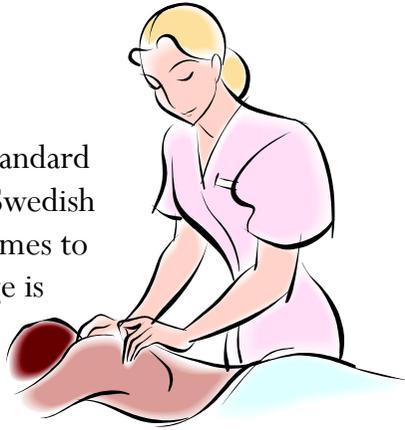


What will it be like?



Massage

There is not one standard style of massage. Swedish massage is what comes to mind when massage is mentioned. This style uses long flowing strokes, kneading, joint movement and other techniques to improve circulation, increase flexibility and relieve stress.



Massage therapists are trained in specialised types of bodywork, for example, there are techniques to relieve muscle tension and trigger points, realign and heal injured tissue, aid lymph drainage and restore the flow of energy throughout the body.

Massage is very effective in reducing stress, as well as helping with pain management and relieving muscle and joint issues.

Treatment

When you walk into the room:

The massage therapist will need to know your general state of health and any medications being taken, since there are some conditions for which massage is NOT appropriate.

If you have any serious ongoing health issues it may still be ok to have a massage but you may need to have a letter from your GP / specialist stating that massage is appropriate.

You may or may not need to undress depending on the treatment the therapist may use. You will be given privacy to undress and during the massage you will be fully draped except for the area being worked on.

Please refrain from having your mobile phone switched on. It is best to have your mobile switched off or on silent during the massage, unless in a case of emergency or really necessary.



How will it feel:

The normal response to massage on healthy tissue is to slow down, feel relaxed and breathe more deeply.

If there are problem areas or tight tissue you may feel sensitive to the touch and pressure. Therapists use gentle pressure to begin with gradually preparing you for deeper touch.

It is important to communicate with the therapist that you are not comfortable with the pressure being used so treatment can be adjusted for you.

The saying “no pain, no gain” is not true for massage to be effective.

Costs :

Fees charged for massage are varied depending on what the client can afford.

The minimum we ask for is \$30 per session for women with a current Health Care Card (pension card) or \$40 and \$50 if you have private health insurance and you are eligible to claim a rebate for massage.

If you cannot pay, please talk to your practitioner.