

Relaxation, Oil Massage

Neck & shoulders 20min	\$40
Neck & shoulders&head 30min	\$55
Back 30min	\$55
Legs 30min	\$55
Neck, shoulders & Back 45min	\$75
Neck, shoulders, arms & hands 45min	\$75
Neck, shoulders, back, arms & head 50min	\$85
Whole body 60min	\$95
Whole body 90min	\$140
Whole body 120min	\$185

Acupuncture

(Eligible for Health Fund Rebate)

Acupuncture	(Initial) \$95
	(Follow up) \$80
Acupuncture + cupping	\$115
Acupuncture + Massage	\$135

Reflexology & Packages

Session time includes 5 mins Foot Bath

Reflexology 30min	\$55
Reflexology 40min	\$65
Reflexology 60min	\$95
Reflexology+neck,shoulders 60min	\$95
Reflexology+neck,shoulders & head 70min	\$110
Reflexology+neck,shoulders & back 75min	\$115
Reflexology+whole body 90min/120min	\$140/\$185

Deep Tissue& Remedial Massage



(Eligible for Health Fund Rebate)

Please notify us regarding your health fund claim prior to receiving treatment

30mins	\$60
45mins	\$80
60mins	\$100
75mins	\$125
90mins	\$145
Remedial Massage+cupping 60min	\$105
Remedial Massage+cupping 120min	\$195

Holistic Healing Therapies

Vacuum Cupping 20min	\$40
Moving Cupping 30min	\$55
Dry needling 30min	\$80
Pregnancy Massage 45min/60min	\$90/\$110
Lymphatic Drainage 90min	\$155
Aromatherapy 70min	\$130
Ear Candling 40min	\$75

Extra Options:

Aromatherapy oil	\$10
Hot Stone Technique	\$15
Extra 10min/15min/30min	\$15/\$25/\$50
Extra foot bath with handmade bath salt	\$20
Extra foot exfoliation	\$25
Extra body butter	\$25



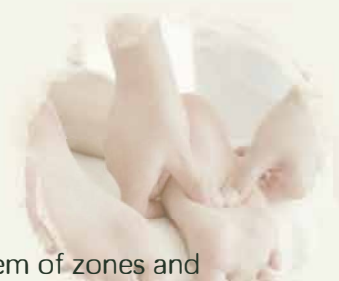
Remedial Massage

It is a therapy that deals with the assessment and treatment of injuries and musculoskeletal conditions, which produces physical and psychological benefits; including improves circulation, reduces soft tissue swelling (where present), relaxes muscles, alleviates cramping and offers an overall feeling of well-being.



Vacuum Cupping

Is used frequently to complement massage or acupuncture. Suction cups are placed at various points on the body to create a vacuum that draws toxins to the surface of the skin. It stimulates the energy flow and consequently improves the immune system.



Reflexology

It is based on a system of zones and reflex points that reflect an image of the body. This improves nerve function, blood supply, energy flow and helps to achieve an inner balance of the body.

Acupuncture

Acupuncture is a key component of traditional Chinese medicine (TCM) and has been continuously studied and practised for thousands of years. It is a kind of medicine that can treat internal disease with external treatment, through the meridian, the conduction of acupuncture points, as well as the use of certain operating methods to treat systemic diseases. It also corrects imbalances in the flow of energy throughout the body's channels, aiming at pain relief, digestive health improvement, and respiratory health and offers many other benefits to the overall holistic health of the body and mind.

Acupuncture has proven benefits for many conditions:

Chronic aches and pains

- Neck pain
- Back Pain
- Sciatica and Sciatic pain
- Knee osteoarthritis pain
- Elbow pain (Tennis elbow)
- Shoulders pain (Frozen shoulders)
- Sprains
- Muscle stiffness or Tightness
- Arthritis
- Headache or Migraines

Women's Health and Pregnancy Acupuncture

- Menopause
- Menstrual issue
- Fertility and IVF support
- Induction of labour during pregnancy

Sub-health

- Insomnia
- Fatigue
- Weight management
- Indigestion
- Constipation
- Hypertension
- Diabetes
- Mood disorder (Stress, Anxiety, Depression)
- Tinnitus

Others

- Facial paralysis
- Post-stroke sequelae
- Plantar fasciitis
- Temporomandibular joint (TMJ) disorder



HEALING MOMENTS MASSAGE & ACUPUNCTURE

Trading Hours:

Mon-Fri 9:00am-5:30pm

Sat: 9:00am-4:30pm

Sun: 9:30am-4:30pm



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Book online

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MASSAGE & ACUPUNCTURE

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