Relax and unwind

On-campus massage therapy services

Ara

ara.ac.nz

All services are performed under the supervision of a qualified professional.

As this is a training clinic, only a limited range of services are available.

Relaxation Massage **$40**

Enjoy a full body massage to improve circulation, relieve minor tension and promote overall relaxation.

Pregnancy Massage **$40**

Relax your body, ease your mind, and bond with your baby through nurturing massage. Our prenatal massage therapy is specially designed to assist with: back, neck, and joint pain, swelling and leg cramps, circulation and sleep, stress and anxiety, and promote overall wellness for you and your baby.

This treatment includes a verbal consultation to make sure you are fit for massage with no contra indications, followed by a 45-minute relaxation massage suited to your needs. If you have any health conditions, please consult your health practitioner for consent to receive massage and bring this information with you.

This treatment will be booked with first-year massage students and as such can only work with generally healthy clients – this means that if you have a chronic condition, recently injured or are experiencing persistent issues after experiencing an injury, the students cannot treat this area – however they can massage general muscle aches and discomforts elsewhere on the body. They do not perform any abdominal massage and clients must be past the first trimester.

Hot Stone Massage **$40**

Relax as we ease tense, tired muscles by applying smooth, flat, heated stones to the body during this relaxation massage treatment.

Aromatherapy Massage **$45**

Enhance your relaxation experience with an aromatherapy massage. This treatment combines the therapeutic benefits of a relaxation massage with the healing properties of pure essential oils. A customised blend will be created to suit your needs.

Sports Massage

$40

This is a therapeutic technique designed to enhance athletic performance and prevent injuries. It focuses on addressing muscle tension, improving flexibility and promoting recovery through targeted pressure and techniques. Regular sports maintenance massage helps to reduce muscle fatigue, alleviate soreness and maintain optimal muscle function, ensuring that you can perform at your best and recover quickly between training sessions or events.

Term 3 dates and treatments

Relaxation Massage

Tuesdays: 28 July; 4, 11, 18 & 25 August; 1, 8 & 15 & 22 September

Thursdays: 30 July; 6, 13, 20 & 27 August; 3,10, 17 & 24 September

Session times: 9.30am, 11.15am and 1.30pm

Term 4 dates and treatments

Relaxation Massage, Hot Stone Massage or Aromatherapy Massage

Tuesdays: 13, 20 & 27 October; 3 & 10 November

Thursdays: 15, 22 & 29 October; 5 & 12 November

Session times: 9.30am, 11.15am and 1.30pm

Sports Massage

Wednesdays: 14, 21 & 28 October and 4 November

Session times: 9.15am & 10.45am

Pregnancy Massage or Hot Stone Massage

Mondays: 9 & 16 November

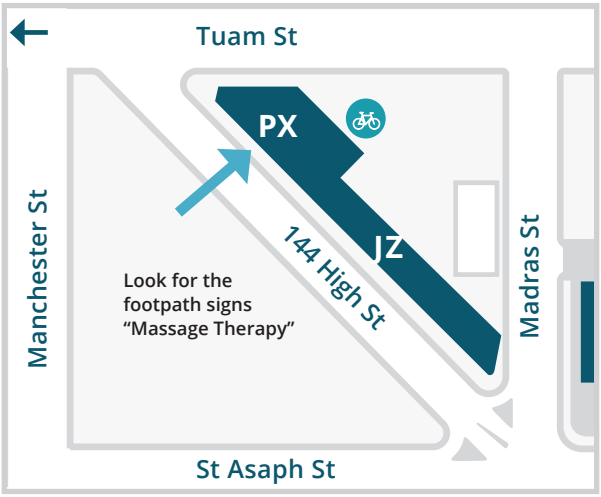
Session times: 11.30am, 1pm and 2.30pm

Contact us today for an appointment.

Email: **treatments@ara.ac.nz**

Payment by EFTPOS only –
no ApplePay, GooglePay or PayWave.

The massage clinic is situated in PX block, 144 High St, opposite the Black and White Coffee Cartel.



Please give 24 hours notice if you wish to cancel your appointment. Failure to do so may incur a cancellation fee of 50% of your original appointment. This fee will need to be paid before any future appointment.

Please note: For health and safety reasons and the comfort of yourself and others, children under 16 years old (including babies) are not permitted within Ara clinics.

ara.ac.nz
0800 24 24 76

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