

Relax and unwind

On-campus massage
therapy services

ara.ac.nz

Ara is a Business Division of Te Pūkenga –
New Zealand Institute of Skills and Technology.



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.

Clinic dates

Tuesdays: 29 July; 5, 12, 19 & 26 August;
2 & 9 September; 7, 14, 21 & 28 October;
4 November

Session times: 1.15pm and 3pm



Remedial Massage

\$40

Upper body:

Thursdays: 24 & 31 July

Lower body:

Thursdays: 7, 14, 21 & 28 August;
4, 11 & 18 September

Upper or Lower body:

Thursdays: 9, 16, 23 & 30 October; 6 November

Session times: 1.15pm and 3pm

This treatment focuses on clinical assessment of your presenting condition, followed by neuromuscular techniques to meet your goals. It is an advanced form of deep tissue/sports massage and is designed to address a specific joint or muscular dysfunction to assist in your optimum health and functional movement.

***Please note:** All session times above include a clinical assessment followed by the massage treatment. Students are unable to diagnose any conditions and you may be referred to other health professionals.*

Our Level 6 Remedial Massage Therapists focus on therapeutic treatments and do not offer relaxation massage. If you have complex medical conditions that may not be suitable for deep tissue work, we recommend checking with the Level 6 Massage Tutor before booking.

Discounts

Enjoy a massage for less!

- Ara students - \$20
- Ara staff - \$25

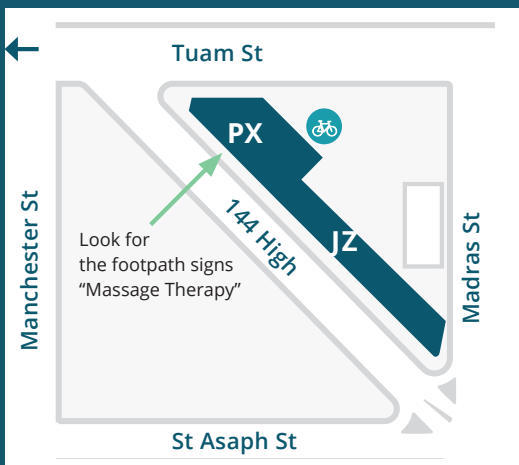
(Please bring Ara ID for discount.)

Contact us today for an appointment.

Email: massageappointments@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.

0800 24 24 76

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