

Treatments

Full Body Remedial Massage 60 Min = \$120- 90 Min = \$190

Remedial Massage Therapy treats the body as a whole.

Working as deep or shallow into the muscle tissue as needed releasing any areas of tension. A number of different techniques are used depending on what your body needs. A great way to destress and re-energise your body & mind.

Full Body Relaxation Massage 60 Min = \$120- 90 Min = \$190

If relaxation is what you are after then a Full Body relaxation Massage is perfect for you. Using a smooth, gentle, flowing style that promotes relaxation, relieves muscle tension, improves circulation and range of motion.

90 Min Nervous System & Immune System Reset + Massage

\$190

A complete reset for your nervous system & Immune System. Liz will work first on stimulating your relaxation response through gentle eye movement, then target your lymphatic system unblocking any areas that may be stagnant. This is followed by either a Remedial Massage or Relaxation Massage.

FOR ALL BOOKINGS CONTACT LIZ ON 0435 297 873 OR
EMAIL ON LIZ@CHALLENGEFITNESS.ONLINE

Personal Training 60 Min- \$120- 90 Min = \$190

If getting sweaty is more your thing, Liz will take you through a Personal Training session designed just for you & your physical needs. Liz can make this workout as challenging as you like using bodyweight, kettlebells, battleropes, & integrating stretching & mobility.

60 Min Yoga & Relaxation 60 Min = \$120 - 90 Min = \$190

Yoga is an amazing way to reconnect with yourself. Using breath & asanas (poses). Liz can customise your session to make it more about relaxation, or it can be focused more on building resilience using challenging flows and poses.



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*Rejuvenate
your mind,
body & soul*

HEALTH & WELLNESS AT THE BOWER

CALL: 0435 297 873

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