

Hello to YOU!

www.messageatheart.co.nz

It has been an enlightening and interesting 18 months, and it is with great pleasure that I announce my return to massage therapy and to restarting my business in Albany.

It is very rare that one is given the opportunity to hit the pause button, and you have helped me take some precious time-out to focus on myself and my wellbeing. I thank you sincerely. My friend Karen the reflexologist, has been 'holding space' for me, allowing me time to discover what my next steps would be while also offering my a physical space in which to work. I cannot begin to thank her enough! Being in a supportive and collaborative space with other practitioners and feeling my way back to the art of massage has been truly healing and energising and I feel ready to return in a more formal way.



It is with gratitude and pride that I remember and honour the legacy Beauty at Heart Massage and Beauty Therapy. Refreshed and inspired, I am returning to massage therapy and renaming the business: **Massage at Heart.**

Massage at Heart says exactly what you can expect. A business that focusses on offering massage therapy.

At Massage at Heart you will receive a client-centred massage. It's all about YOU and how I can help you achieve your goals, be it relaxation, rest, or release and relief from pain and discomfort, to return to the activities that make you happy.

I am also introducing Myofascial Release, a gentle hands-on technique to address the fascia or more specifically, the myofascia, which encases the muscles and the whole muscular system.

Our body is connected by an intricate matrix of fascia, a connective tissue that weave within and throughout the body. Without fascia, the body would lack its natural structure and would not be able to move or function. Fascia connects the entire body system as a unified whole.

By introducing Myofascial Release techniques designed to address 'stuck' fascia, we can improve the bodies' ability to move and function more easily.

Through excellence in training, invaluable experience and authentic listening skills, I adapt every massage to your specific focus, ensuring your safety and comfort.

Re-connect and Relax to feel complete and balanced and perfectly in-tune with yourself...return to wholeness.

I look forward to seeing you in the Studio!

Mel x

Opening Hours:

Tuesdays and Wednesdays

10am - 6pm

By Appointment Only

Massage Therapy

30 Minutes - \$65

60 Minutes - \$85

90 Minutes - \$120

Address:

5B/400 Rosedale Road, Albany

Upstairs at The Reflexology Hub

Above School of Reflexology

Eye Treatments

Eye Trio - \$55

Lash Tint - \$25

Brow Shape - \$25

New Contact Details:

Melany Chidrawi

021 111 6539

messageatheart@gmail.com

Ladies only Waxing:

Facial waxing,

Arms, Legs and Bikini waxing

Pricing: Refer to the website or enquire with Mel directly

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