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# PRASANNA

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## MIND BODY & SOUL

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### MASSAGE

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#### **Indian Head massage \$30.00**

**15 minutes**

An East Indian Ayurvedic Acupressure style Massage. Specifically chosen warm oils are massaged on to the scalp, neck and forehead and concentrates on the marma (vital) points. Stress from the neck and shoulders are released providing total relaxation.

#### **Sports Massage \$70.00**

**50 minutes**

Combines individual tailored massage techniques to support sports and athletic activities. Increases movement, flexibility, promotes fitness and good health. Helps prevent, or accelerate recovery from, sports-related injuries.

#### **Deep Tissue Massage \$80.00**

**1 hour**

Deep tissue incorporates remedial massage and particular techniques that concentrate on specific problem areas. The objective is to alleviate pain and to treat the underlying cause of the body or muscle aches due to stress or injury.

#### **Relaxation Ritual Massage \$100.00**

**1 hour**

Nurturing and intensely relaxing, the combination of therapeutic touch and aromatic oils can be powerfully effective in boosting your immune system and rejuvenating your mind and body.

#### **Hot & Cold Stone Ritual Massage \$120.00**

**1 hour and 15minutes**

Using ancient healing rituals this totally indulgent treatment that incorporates the warmth of heated basaltic stones with massage therapy.

This luxurious treatment will leave you feeling relaxed, peaceful and relieved of tension

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### MIND & BODY

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#### **Chakra Blockages \$25.00**

**15 Minutes**

Assists in releasing blocked energy, maintains balance and prevent disorders or illness. Speeds physical healing, minimises aches and boosts your energy levels allowing you to cope and move forward in life positively.

#### **Chakra Healing Therapy \$50.00**

**30 minutes**

A treatment to assess the flow of energy in the body's seven major energy centers. All individuals have seven chakras within their bodies.

When the chakras become out of balance or are not functioning efficiently, we may feel sluggish or out of balance. It is effective in balancing the energy flow and positive energy within our body.



## **Meditation \$40.00**

### **20 Minutes**

Meditation is a way of calming the mind, making us more peaceful, balanced and focused in our daily lives. Meditation is a deep form of relaxation whereby the body becomes so relaxed and the mind is cleared and becomes 'still', allowing the creative mind to open and flow without disruption from the conscious, logical, analytical mind.

## **Shiatsu \$70.00**

### **45 Minutes**

Shiatsu is a Japanese form of bodywork. The word shiatsu means "finger pressure" like acupuncture, Shiatsu works with vital points and energy meridians and uses finger-thumb-palm pressure. It encourages the body's inner powers of balance and healing.

## **Yoga \$ 50.00**

### **30 Minutes**

An Indian ancient practice for bringing body and mind into harmony using meditation, physical postures, breathing, and exercise.

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## **LIFE STYLE**

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## **Breathing Techniques \$40.00**

### **20 minutes**

Many holistic practitioners believe that the breath is the link between the physical body and the ethereal mind, and that spiritual insight is possible through conscious breathing.

## **Posture therapy \$30.00**

### **30 Minutes**

Posture therapy is the analysis of an individual's posture and the design of an individualized exercise menu(s) to correct postural problems. The body can regain healthy posture with corrective exercise therapy. Ideal posture allows the human body to enjoy health, physical ability, and longevity.

## **Lifestyle Consultation Diet Plan \$30.00**

### **20 minutes**

A lifestyle consultation is the analysis of an individual's lifestyle routine and the design of an individualized menu(s) or program to correct lifestyle concerns including diet, exercise, nutrition and health.

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## **WORK SHOPS**

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## **Yoga \$20.00**

### **1 hour**

Experience relaxation using meditation, physical postures, breathing, and exercise.

## **Yoga for Expecting Mums \$20**

### **1 hour**

Bringing a relaxed harmony in mind and body for our mums in waiting.

## **Baby Massage for Parent & Bub \$60**

### **3 hours**

Bonding parents and bub through soothing massage techniques. A relaxed bub is a happy mum or dad.

## **Reflexology \$150**

### **4 Hours**

Learn the key pressure points in the foot and their alignment to other parts of the body.

## **Learn the Art of Indian Head Massage \$120**

### **3 hours**

A relaxing massage experience where you will learn techniques to relieve head and shoulder tension, headaches, muscle and eye strain.

## **PRASANNA**

HEALTH CARE CONSULTANT

**Email** info@allsaintscosmedical.com.au  
13A Buller Street, North Parramatta 2151  
**Ph** (02) 9890 9977 **Fax** (02) 9890 7766  
Level 3, 393 Bourke Street, Darlinghurst 2010  
**Ph** (02) 9357 7557 **Fax** (02) 9357 4552