

April - May 2009



In December 2001 a survey published in "Which?", 71 per cent of respondents who had massage therapy said they had been very satisfied. While 54 percent said that it had greatly improved a specific health problem.

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Your Health & wellness at once location

Kouxan news

Massage Therapy

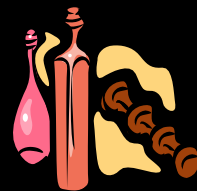
Massage therapy has been around for hundreds of years, paintings of people being massaged in tombs of Egypt have been found. In China and India they have found Manuscripts that refer to massage techniques used to treat disease. Many writings have been found on Massage in ancient civilizations such as Rome, Greece and Japan. In a Biblical Reference from c 493 BC documents daily massage as part of a beauty regimen of the wives of Xerxes and in 460 BC Hippocrates wrote that "the physician must be experienced in many things, but assuredly in rubbing". The word Massage comes from the French Massage meaning "Friction of kneading" or the word Massage in Arabic means "to touch, feel or handle" and in Latin means "mass, dough".

Massage therapy is a practice of soft tissue manipulation using pressure stationary or moving. Massage is applied using hands, fingers, elbows, and forearms to target tissues areas such as tendons, ligaments, joints, lymphatic vessel and muscles. Massage has many purposes, physical, functional, and in some cases psychological. Too many people wait until the pain is unbearable before seeking help or treatment, but why let it get that bad? Massage helps prevent more serious medical problems. By having a regular massage your overall sense of wellbeing for optimum physical and mental health increases.

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|--|--------------------------|
| Depression | Headaches and migraines |
| Arthritis | Work related stress |
| Eating disorders and digestive dysfunction | Insomnia |
| Pre-natal pregnancy conditions | Muscular tension |
| Frozen shoulder | Repetitive strain injure |
| Sports and dancing injuries | Whiplash |

Relax, Restore, Revitalize

Great News!



Trigenics

Introducing Dr Erich Gubier at our Browns Plains Clinic a Trigenics practitioner who studied Trigenics with Dr Gavin Gordon.

Benefits of Trigenics

- Pain Relief
- Immediate muscle strength increase
- Increased movement and range of motion

Effects of Trigenics

- Light Headedness due to release of endorphins
- Emotional Response Due to pain relief

Trigenics has the effect of "tricking" the brain in resetting the way it communicates with the body. Your brain sends signals down through your nervous system to control all the systems of your

body including your muscular system. In this system there are sensors that send signals called "reflexes" to the brain. This signal is telling the brain what the muscle is doing in order to coordinate movement. However when the muscle is undergoing stress or is injured, there sensors stop sending proper signals to the brain, causing the muscles to be weak and not strengthen or stretch fully with exercise or rehabilitation. A Trigenics practitioner will have you lightly exercise the specific resisted area of movement and will manipulate and redirect the nerve signals to effectively reset the brains communications with the muscles and your body. Trigenics optimizes the function of healthy muscles as well increase overall power, speed and agility in athletes.

Not only is Trigenics great for injury rehabilitation but also athletic therapy has been proven quite remarkable. Trigenics seems to optimize the function of healthy muscles. When Dr Allan Gary Oolo Austin went to the summer and winter Olympics it became evident that Trigenics procedures can be used to increase overall power and speed. This is because Trigenics is treating the nervous system. For athletes Trigenics is often regarded as the "Missing Element" as it is a form of neurological training. Dr Allan Cary Oolo Austin has said from his clinical experience in Trigenics "non-traumatic training injuries can mostly be eliminated in athletes."

Ultimate De-Stress

Begin with a "sensory Journey" mist of subtle aromas to induce inner calm, while your tensions drift into a distant memory as your therapist starts your massage from your back to your shoulders, neck and arms. Now forget your worries while your face is analyzed, cleansed, toned, masked and massaged, ending with moisture to refresh your mind for your new beginning.

Duration 1 Hr Valued at \$161

Your Mothers day Special

Only \$90

Special valid from 27th April to 10th May 2009



Deluxe Pedicure

Relax and unwind while your feet are resting in warm water. Enjoy your nails shaped, cuticle tidied, feet softened and massaged while your mind is drifting away with the soothing scent of Aromatherapy oils and relaxing sounds of the world. Finish with your mind restored, your feet feeling restful and ready for the world to look at with a new coat of paint.

Duration 1hr

Price \$68

Health & Wellness at one location