

Relax and unwind

Massage therapy
services



To book your appointment:
E: treatments@ara.ac.nz
144 High Street, City campus, Christchurch



ara.ac.nz
0800 24 24 76



As this is a training clinic, only a limited range of services is available. All services are performed under the supervision of a qualified professional.

Relaxation Massage - one hour \$30

This service is designed to soothe the mind and body. You can ask your therapist to focus on specific areas of the body, or enjoy a full body massage to improve circulation, relieve minor tension and promote overall relaxation. Performed by a Level 5 student.

Clinic dates

Semester 2 - Specific areas or full body massage available

Tuesdays, 9.15am and 10.45am 2, 9, 16, 23 & 30 August
6, 13, 20 & 27 September
18 & 25 October
1, 8, 15 & 22 November

Remedial Massage - one hour \$40

This service starts with a clinical assessment followed by a neuro-muscular technique massage to treat and assist the neuro-musculoskeletal system for optimum health and vitality. Performed by a Level 6 student.

Clinic dates

Semester 2

Tuesdays, 3.15pm 2, 9, 16, 23 & 30 August
6, 13, 20 & 27 September
18 & 25 October
1, 8 & 15 November

**Wednesdays,
9.00am and 10.45am**

3, 10, 17, 24 & 31 August
7, 14, 21 & 28 September
19 & 26 October
2, 9 & 16 November

Thursdays, 3.15pm

4, 11, 18 & 25 August
1, 8, 15, 22 & 29 September
20 & 27 October
3, 10 & 17 November

Ara student discount

Enjoy an hour-long relaxation or remedial massage for just \$20.



Contact us today for an appointment.

E: treatments@ara.ac.nz

Payment by EFTPOS only.

Please arrive wearing a mask and bring proof of ID.

