

RURALFITNESS

FITNESS PROFESSIONAL AND MASSAGE THERAPIST

PRE AND POST EVENT MASSAGE AND STRAPPING

Treatments by Top Sports Massage Professionals
Massage Treatments - \$80 – 1 hour
Strapping \$20 per application



Pre and Post Massage at Busselton Tennis Club – 1 Marine
Terrace, Busselton



- Thursday 29th November - 9am-5pm
- Friday 30th November - 9am-5pm
- Saturday 1st December - 9am-1pm (Professional Sporting Strapping Clinic all day Saturday 9am - 5pm)
- Sunday 2nd December - Post Event - FREE light rub down - 10mins (in Recovery tent)
- Monday 3rd December - 9am-5pm

MOBILE MASSAGE FOR GROUPS/CLUBS (min of 3 athletes) – Book in and we come to you!

There are many benefits of having a massage, these include:-

- Improve circulation
- Elevates mood, reduces anxiety and aids relaxation
- Improves joint mobility and muscle flexibility
- Greatly improves athletic performance
- Provides relief from pain and aids recovery from injury
- Reduces and softens scar tissue and adhesions
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- Reduces muscle spasms and abnormal muscle contractions

Clinic gets busy, don't miss out – BOOK YOUR APPOINTMENT NOW

<http://www.ruralfitness.com.au/booking/>

0427 553 533 – Paula Email - ruralfitness@westnet.com.au

Official Massage of the 2018 IRONMAN Western Australia

Paula Dobbs

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www.ruralfitness.com.au