

PRE AND POST EVENT MASSAGE AND STRAPPING

Treatments by Top Sports Massage Professionals

- Massage Treatments - \$110 - 1 hour
- Strapping - \$70 per application
- Normatec Compression Boots \$30 – 30mins
- Cryotherapy Compression (shlder,knee,ankle cuffs) - \$50 – 30mins
- MOBILE Massage – we come to you. Email or call to book

***Official Massage of
the 2025 IRONMAN
Western Australia***

Pre and Post Massage at Esplanade Hotel 30-38 Marine Terrace, Busselton WA

- Thursday 4th December 8am to 5pm
- Friday 5th December 8am to 5pm
- Saturday 6th December 8am to 2.30pm (Strapping all day Saturday to 3.30pm)
- Sunday 7th December **Post Event FREE light rub down** (Recovery Tent)

WE GATHER THE MOST AMAZING VOLUNTEERS FOR THIS EVENT DAY

- Monday 8th December 8am to 2.30pm



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

- Improving circulation
- Elevating mood, reducing anxiety and aiding relaxation
- Improving joint mobility and muscle flexibility
- Providing relief from pain and aiding recovery from injury
- Reducing and softening scar tissue and adhesions
- Reducing muscle spasms and abnormal muscle contractions



Book online - it's quick & easy

Just visit: www.ruralfitness.com.au/booking

Booking System Developed by: Web Mantra - <https://webmantra.com.au>



Our clinic does get busy, book your appointment now to make sure you don't miss out

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