

Relax and unwind

On-campus massage
therapy services

ara.ac.nz

Ara is a Business Division of Te Pūkenga –
New Zealand Institute of Skills and Technology.



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

Sports Massage



Thursdays: 6, 13 & 20 March
1.30pm and 3pm (60 minutes)



\$40

This is a therapeutic technique designed to enhance athletic performance and prevent injuries. It focuses on addressing muscle tension, improving flexibility and promoting recovery through targeted pressure and techniques. Regular sports maintenance massage helps to reduce muscle fatigue, alleviate soreness and maintain optimal muscle function, ensuring that you can perform at your best and recover quickly between training sessions or events.

Remedial Massage (Upper body only)



Thursdays: 27 March; 3 & 10 April;
1, 8, 15, 22 & 29 May; 5 & 12 June
1.15pm and 3pm (75 minutes)



\$40

This treatment focuses on clinical assessment of your presenting condition, followed by neuromuscular techniques to meet your goals. It is an advanced form of deep tissue/sports massage and is designed to address a specific joint or muscular dysfunction to assist in your optimum health and functional movement.

Please note: All session times above include a clinical assessment followed by the massage treatment. Students are unable to diagnose any conditions and you may be referred to other health professionals.

Discounts

Enjoy a massage for less!

Ara students - \$20

Ara staff - \$25

(please bring Ara ID for discount)

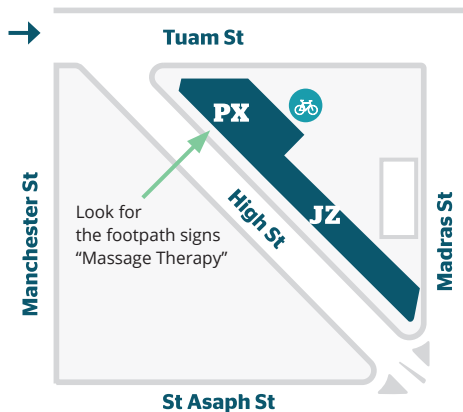


Contact us today for an appointment.

Email: massageappointments@ara.ac.nz

Payment by EFTPOS only – no ApplePay, GooglePay or PayWave.

The massage clinic is situated in PX block, 144 High St, opposite the Black and White Coffee Cartel.



Please give 24 hours notice if you wish to cancel your appointment. Failure to do so may incur a cancellation fee of 50% of your original appointment. This fee will need to be paid before any future appointment.

Please note: For health and safety reasons and the comfort of yourself and others, children under 16 years old (including babies) are not permitted within Ara clinics.

0800 24 24 76

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