

# Relax and unwind

On-campus massage  
therapy services

[ara.ac.nz](http://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.**

## **Relaxation Massage**



Tuesdays: 27 May, 3, 10 & 17 June  
1pm and 2.30pm



\$40

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Enjoy a full body massage to improve circulation, relieve minor tension and promote overall relaxation.

## **Pregnancy Massage ONE CLINIC ONLY**



Wednesday: 28 May  
1pm and 2.30pm



Complimentary - no fee

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Relax your body, ease your mind, and bond with your baby through nurturing massage. Our prenatal massage therapy is specially designed to assist with: back, neck, and joint pain, swelling and leg cramps, circulation and sleep, stress and anxiety, and promote overall wellness for you and your baby.

This treatment includes a verbal consultation to make sure you are fit for massage with no contra indications, followed by a 45-minute relaxation massage suited to your needs. If you have any health conditions, please consult your health practitioner for consent to receive massage and bring this information with you.

This treatment will be booked with first-year massage students and as such can only work with generally healthy clients – this means that if you have a chronic condition, recently injured or are experiencing persistent issues after experiencing an injury, the students cannot treat this area – however they can massage general muscle aches and discomforts elsewhere on the body. They do not perform any abdominal massage and clients must be passed the first trimester.

## Hot Stone Massage ONE CLINIC ONLY

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Wednesday: 4 June  
1pm and 2.30pm



Complimentary - no fee

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Relax as we ease tense, tired muscles by applying smooth, flat, heated stones to the body during this relaxation massage treatment.

## Chair Massage ONE CLINIC ONLY

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Wednesday: 11 June  
1pm, 1.30pm, 2pm, 2.30pm and 3pm



Complimentary - no fee

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Chair massage is a convenient, effective, and accessible form of bodywork performed in a specially designed massage chair. This no hassle relaxation massage of the upper body to reduces tension, stress, and fatigue - no oils, no need to undress. Perfect for the busy person and can focus on: neck and shoulders, upper and lower back, arms and hands, and head and scalp.

## Remedial Massage

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**Upper body:**  
Thursdays: 24 & 31 July

**Lower body:**  
Thursdays: 7, 14, 21 & 28 August;  
4, 11 & 18 September

**Upper or Lower body:**  
Thursdays: 9, 16, 23 & 30 October;  
6 November

1.15pm and 3pm



\$40

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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

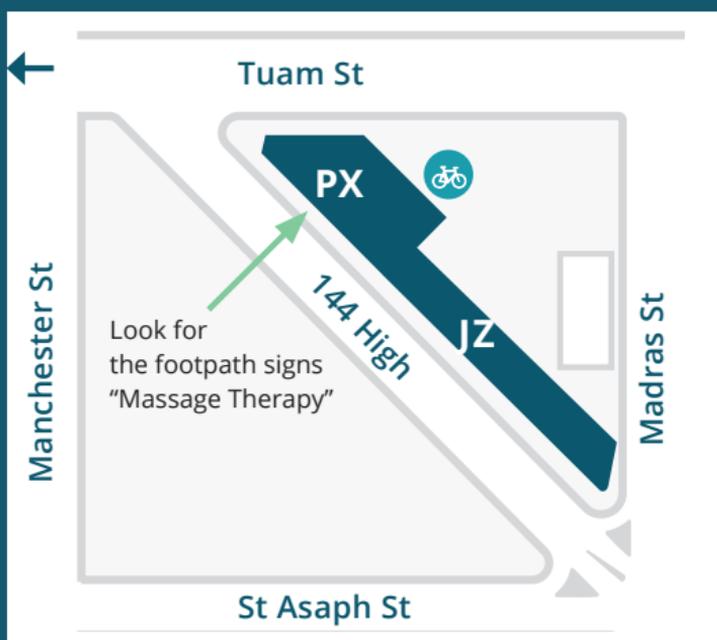
*(please bring Ara ID for discount)*

## Contact us today for an appointment.

Email: [massageappointments@ara.ac.nz](mailto: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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