



Mind Body Synergy

ANCIENT HAWAIIAN Temple Massage A HEALING Experience FOR MIND & BODY

We Can HELP You With...

Stress ❁ Anxiety ❁ Physical, Emotional & Mental Pain
PTSD ❁ Fatigue ❁ Illness & Disease ❁ Headaches
Depression ❁ Insomnia ❁ Can't Relax
Haunting Memories

With the help of one of our trained practitioners, through the power of **Transformational Massage** and/or other healing techniques we will help you discover your healing potential.

Ka Huna Massage is our signature massage. It is deep and works physically and emotionally, yet it's delivered in a gentle and nurturing way. Choose therapeutic, deep tissue, relaxation, pampering or pregnancy massage. You will walk away feeling happier, re-energised & free.

We also offer **Mobile Massage, Stress Management Coaching & Emotional Healing, Massage Training, Personal Development Education & Nia**. Nia is a fusion fitness class for all ages - a dynamic blend of the dance arts, martial arts & healing arts.

Our Mission To help you feel good! Whether you are in the midst of a life challenge or already feeling amazing, we can support you in feeling better and making positive change.

For a **Transformational Experience** we suggest 90 Min Sessions
Recommended but not essential

For the **Transformational Works**, consider a mixed session of **Faster EFT Eutaptics** followed by **Ka Huna Bodywork**.

Ask us about our **Weekly Installments & Automatic Billing Programs**

\$10 VIP Gift Card to all customers who...

❁ Return within 4 weeks ❁ Refer a Friend

BOOK NOW or Buy Gift Vouchers at

www.mindbodysynergy.com.au

0415 363 372 ❁ Stanthorpe QLD 4380

Session Rates

With Hot Stones

\$50 – 30 mins	\$60 – 30 mins
\$70 – 45 mins	\$80 – 45 mins
\$90 – 60 mins	\$110 – 60 mins
\$125 – 90 mins	\$145 – 90 mins
\$160 – 2 hrs	\$180 – 2 hrs
\$195 – 2.5 hrs	\$215 – 2.5 hrs
\$230 – 3 hrs	\$250 – 3 hrs

9am till 8pm

🌸 *By appointment only* 🌸

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mindbodysynergy.com.au

NOTE: All massages can be tailored as therapeutic, deep tissue, relaxation or pampering massage

KA HUNA *massage*

Ancient Hawaiian Temple Massage also known as Ka Huna Body Work is a unique, flowing and energetically vibrant yet deeply relaxing massage style. Your practitioner uses hands and forearms in long fluid strokes of varying intensity and rhythm, up and down and all around the body. It is a complete indulgence for mind and body.

LOMI LOMI HEARTWORKS *massage*

Lomi Lomi Heartworks Massage is a beautiful, flowing and loving massage. The hands are the extension of the heart where we use soft and deep tissue techniques. We use heart breath to reconnect you to your heart with deep reverence for the healing powers of Father Sky & Mother Earth.

LOMI LOMI *hot stone massage*

When the stones speak the body listens. This beautiful massage uses hands and hot stones to welcome your mind and body into a deeper sense of relaxation.

HAWAIIAN *pregnancy massage*

This massage is a loving & nurturing experience for both Mother & Child, not only is it wonderfully relaxing and luxurious but it is also a time for Mother & Child to connect and create a strong bond of love, a beautiful shared experience for Mother, Baby & Practitioner.

POLYNESIAN FLOOR *body work* / **BONE & JOINT** *massage*

Polynesian Bodywork is dynamic, invigorating and involves lots of stretching, pushing and pulling on the body. Bone & Joint Massage is very gentle and will really transport you to another dimension of relaxation. Customers wear loose clothing for these massages or they can be a wonderful addition to the Hawaiian oil massages.

MANY HANDS *massage* / **COUPLES** *massage*

Pure indulgence, two therapists, 4 hands massaging your body at the same time, this is a mind blowing experience. And for couples experience divine massage treatments at the same time.

INDIAN *head massage*

Indian Head Massage also known as Champissage is based on the ancient traditions of massage and the Auryvedic system of healing that has been practised in India for thousands of years. The massage is carried out fully clothed whilst sitting in a chair and incorporates upper back, shoulders, neck, head & face.

ENERGY PSYCHOLOGY & EMOTIONAL *stress healing*

With our unique approach to healing stress you will be taught how to change your emotional reactions to life which will positively enhance the results you experience in life. Your self esteem will rise and feelings of self confidence, happiness & peace will follow. Tara uses a combination of techniques including EFT, Faster EFT Eutaptics and Magnetic Re-Balancing.