

eastern palliative care



*Complementary Therapies*  
**Massage  
Therapy**  
for the Caregiver



Phone: (03) 9298 3603

*Are you feeling.....*

*Worn out, Stressed,  
Tense, Exhausted.....*

Maybe the solution is a  
good massage!

*Escape....*

to a warm and relaxed environment  
filled with calming aromas and  
peaceful music

*Massage....*

relieves muscular aches and pains, helps  
to release tension, relax mind and body  
and provides time out for you to have  
some self-care

Take time out  
for yourself

Why not call to book  
a free massage on  
(03) 9298 3603