

- Are you suffering from chronic pain?
- Just need a really good massage?
- Or wanting to compete at your best?



Welcome to The Gym Remedial Massage

Our passionate and dedicated Massage Therapists offer specialised hands-on treatments including the following modalities..

- Remedial Massage
- Relaxation Massage
- Sports Massage
- Corrective Exercise Prescription
- Dry Needling
- Certified Rocktape Therapist.



Gordon Nicoll is one of our Diploma Certified Remedial massage therapists, who also has over 5 years experience as a personal trainer.

Gordon believes in the philosophy of helping your bodies natural innate ability to heal itself through movement, muscle manipulation, and stretching, and he applies this philosophy in all his treatments.

Taylor Ryan is one of our Diploma Certified Remedial massage therapists, who is in her final year of her Bachelor of Health Science (Naturopathy)

She has a passion for a Holistic approach to health and wellbeing, and uses a wide range of remedial techniques to relieve pain and increase your bodies natural functionality.



Gavin Ford is one of our Diploma Certified Remedial massage therapists, who is completing his studies in his Bachelor of Health Science (Myotherapy)

He has worked as remedial therapist with Defence Force members in a rehabilitation and recovery role, and he focuses on achieving an outcome, that considers the role massage plays in the overall sense of well-being for optimum physical and mental health.



Book online at
www.thegymmassage.com.au

or

Phone or SMS
0417 798 898