

Remedial Massage

Remedial, Sports & Deep Tissue Massage

Our team are all fully qualified professionals and well practiced in many remedial techniques. 'Remedial' means that we have the highest level of qualifications for massage. We treat acute and chronic injuries, sports injuries, sports preparation and recovery, as well as relaxation. Our practitioners use a variety of additional techniques including reflexology, cupping, ear candling, stretching and strengthening advice.

Lymphatic Drainage

LDT consists of specific movements that are used to lightly push lymph through the system, helping it to drain out of the tissues and move throughout the body. This treatment is commonly used to help with lymphedema, which can be caused by heart problems, wearing tight-fitting clothing, and injuries like sprains and fractures. It may also be recommended in conjunction with chemotherapy treatments and surgeries done to remove breast cancer, colon cancer, and prostate cancer.

Hot Stone Massage

Hot stone massage therapy incorporates the use of water treated stones being placed at specific sites of your body to promote relaxation and help open the meridians [energy pathways]. It can take away stress, induce sleep & relieve muscle pain. Can be performed by Remedial Therapist or beauty therapist, depending on your requested massage style. This is a full body treatment; 75 minute duration.

Reiki

One of the greatest Reiki healing health benefits is stress reduction and relaxation, which triggers the body's natural healing abilities, and improves and maintains health & your immune system. Reiki is a specific type of subtle energy work performed by the touch of the hands, allowing the flow of the energy to the patient via the Reiki practitioner. When the flow of energy is disrupted, weakened or blocked, emotional or health problems tend to occur. Imbalances can be caused from many situations occurring in our lives, such as: emotional or physical trauma, injury, negative thoughts and feelings, including fear, worry, doubt, anger, anxiety, toxicity, nutritional depletion, destructive lifestyle and relationships.

Corporate Massage

Enjoy the benefits of Melbourne's premier remedial massage clinic in your work place. Enta therapists will arrive at your event or workplace fully equipped to treat you and your team to either a full body remedial massage or seated massage (private room required for full body treatments).

Choose from 10-15 minute seated massage or treatment table full body treatments of 30, 45, 60 or 90 minutes.

Fees

Massage | Reiki

30 min massage treatment	\$68
45 min massage treatment	\$90
60 min massage treatment	\$99
90 min massage treatment	\$145
75 min Hot stone massage	\$145

Body Spa Treatment

inclusive of 30min remedial massage (90 minutes) **\$170**

Corporate Massage

\$120 per hour minimum 2 hours.

Negotiated rates for 6 and 12 month workplace wellness plans.

Contact jennifer@enta.net.au

Our services are claimable with appropriate level of Private Health Insurance.

Please note prices may change without notice.

Complimentary Therapies

Acupuncture - a time-honoured medicine

The origins of Acupuncture in China can be traced back at least 2000 years, making it one of the oldest and most long-standing health care systems in the world. Today, Acupuncture is an effective, natural and increasingly popular form of health care that is being used by people from a wide range of cultural and social backgrounds.

Acupuncture takes a holistic approach to understanding normal function and disease processes and focuses as much on the prevention of illness, as on the treatment, thereby treating the Root cause of the particular health issue as well as the presenting symptoms.

An Acupuncture treatment involves the insertion of fine, sterile needles into specific sites (Acupuncture points) along the body's meridians (pathways) to clear energy blockages (which may present as pain/stiffness/fatigue/hormonal imbalances/skin conditions/immunity problems such as always 'getting colds and flu's'/ digestive problems to name a few) and encourage the normal flow of qi (energy) through the individual. The Acupuncturist in a treatment can also use heat, liniment, massaging of pressure points and also the non-needling of specific Acupuncture points in order to rebalance this energy within the body.

Acupuncturist and Chinese Practitioner Gail Kirner has extensive experience in the areas of women's health ie menstrual problems, menopausal issues, infertility, IVF support, preconception care, pregnancy support (including labour preparation and post-natal recovery).

Gail also has a strong interest in treating chronic lung issues, immunity problems, headaches, pain and fatigue.

Non-invasive Acupuncture treatments are also a very popular alternative for people with a fear of needles and in treating children and Gail is very pleased to be able to offer this form of Acupuncture treatment at Enta.

Naturopathy

Traditional naturopathy uncovers the cause of an illness then gently supports the body with natural remedies to bring it back into balance. Using Western herbalism, Homoeopathy, SANUM therapy, Homotoxicology, Flower Essences, Celloids, Biopuncture, and testing tools including Dark Field Live Blood analysis, Genetic testing, Informational medicine/Biofeedback, Iridology, and Polysan testing, we can help with acute or chronic complaints including fatigue, insomnia, stress, stomach problems, skin issues, addictions, arthritis, sports injuries, pre-conception care, infertility, unexplained recurrent pregnancy loss, hormonal imbalances, dietary/lifestyle advice and especially preventative health.

Osteopathy

Osteopathy is a form of manual therapy that involves the treatment of muscles, ligaments and joints. Osteopaths help treat several musculoskeletal complaints using techniques such as deep tissue massage, stretching, joint articulation and manipulation. Treatment may also include postural alignment, ergonomic advice, exercise prescription, lymphatic drainage and dry needling. Osteopaths complete a 5 year degree and have increased skill level in assessment, diagnosis and treatment technique.

Fees

Acupuncture

Initial consult 60 min **\$93**

Subsequent consult 45 min **\$83**

Naturopathy

Initial consult (standard/full-fee) 60 min **\$140**

Initial consult (concession) 60 min **\$60**

Initial consult (aged pensioners) 60 min **\$40**

Return visit (standard/full-fee) **\$70**

Return visit (concession) **\$30**

Return visit (aged pensioners) **\$20**

Herbal tinctures & supplements – prices vary

Osteopathy

Initial consult **\$90**

Subsequent consult **\$75**

Our services are claimable with appropriate level of Private Health Insurance.

Please note prices may change without notice.

Pilates

Pilates

Introduction Session - Allow 30-45 mins.

An enta introductory session is required before new students are eligible to commence a Pilates term to ensure a suitable program to suit your individual needs is set as well as ensure you are placed into the correct class group.

In the introductory pilates session you are taught the fundamental principles behind the pilates method.

Your instructor will work closely with you to assist correct posture and alignment is kept through the movements. You are encouraged to express any health or fitness goals so our trainer can help you reach your goals the right way!

For this appointment please arrive five minutes early to fill out new – client paperwork.

Beginner - This class is for all new students. Advanced students are welcome to do this class; your instructor will amend the exercises to suit you and your level.

Intermediate - This class is best suited to those with some Pilates experience. Your instructor will advise when you are ready to graduate to the intermediate level.

Open - This class is perfect for any level and is open to both beginner and advanced students.

All classes are 60 mins

Fees:

Intro Pilates class	\$33
Pilates term p/class	\$23
Casual Pilates	\$26

Pilates Timetable

	Mon	Tues	Wed	Thurs	Fri	Sat
10.30am	Beginner					
11.30am	INTRODUCTION					
5.30pm			INTRODUCTION			
6.00pm			Beginner			
6.30pm						
7.00pm			Beginner / Intermediate			
8.00pm	Intermediate		INTRODUCTION			

Please note timetables may change without notice, please request current class times via email info@enta.net.au or phone 9379 0637

Meditation

Guided meditation courses [approx. 7 – 10 week terms] for beginner to advanced levels. enta's teaching involves a variety of styles to ensure each and every student finds one that suits them best. With an aim to; clear your mind, learn techniques that you can use on a daily basis on your own to deal with stresses, anxiety & emotional times. Each class you will be guided through two different guided meditations. Meditation is an amazing way to de-clutter a busy mind, learn to enjoy your life and have some special time for yourself.

Mediation timetable

Tuesday 8:15pm | 1 hour

Fees:

10wk term	\$231
8wk term	\$176
7wk term	\$161
Casual class	\$26