



# Massage therapy

## Massage Therapy may:

- Alleviate stress, tension and anxiety
- Relieve joint and muscle pain
- Improve poor circulation and;
- Help relieve symptoms of headaches and migraines.

Remedial, Relaxation and Pregnancy Massage now available on Wednesdays between 10.30am and 4.30pm.

Our therapists are Diploma qualified in Remedial Massage and with Pregnancy Massage Australia.

### Cost:

30 minutes for \$40

45 minutes for \$60

60 minutes for \$80

**Call 9847 5015** for more information or to make an appointment.

This is an Outpatient service with Ramsay Professional Services located at Mt Wilga Private Hospital.

## Mt Wilga Private Hospital

66 Rosamond Street  
Hornsby NSW 2077

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[mtwilgaprivate.com.au](http://mtwilgaprivate.com.au)



**Mt Wilga  
Private Hospital**

Part of Ramsay Health Care