FEEL THE DIFFERENCE

REMEDIAL, SPORTS, RELAXATION, INJURY
CHINESE AND WESTERN MASSAGE

Traditional Chinese Massage (TCM) was developed over millennia, from generation to generation to become a proven holistic healing and wellbeing experience.

What is not commonly recognised is that many of the modalities and systems used in modern western style massage combine Chinese with Swiss Massage systems, which itself evolved from the traditional Chinese techniques.

Needling, cupping, hot rocks, deep tissue, herbal, aromatherapy and reflexology, are just some of the Chinese techniques influencing or used in western massage today.

To find out more about these techniques and modalities, visit our website at: www.zhongsmassage.com.au

TWO BROAD CATEGORIES OF MASSAGE

Therapeutic (Anmo) massage for relaxation and general wellbeing is used for rest and relief from busy stressful lifestyles.

Remedial (Tuina) massage, sits alongside allied health services, and provides relief and recovery from the symptoms of physical and emotional injury.

Traditional Chinese Massage involves a holistic approach to achieving improved health and wellbeing, with a combination of therapeutic and remedial techniques.

ZHONG’S UNIQUE MASSAGE EXPERIENCE

Dr Jason Zhong

Dr Jason Zhong is a western-trained medical doctor and anaesthetist who comes from a family that has practiced Chinese Herbal Medicine for generations.

He has combined his medical training with the best of eastern and western massage to bring an exclusive professional Chinese massage experience tailored to the specific needs of the old or young who seek relief from the symptoms of pain and stress.

CHOOSING THE TYPE OF MASSAGE YOU NEED

Create your own massage experience

Zhong’s Massage provides a range of services, and an opportunity to ‘mix and match’ massages and optional extras such as reflexology, aromatic oils or hot stones, to enhance your personal massage experience.

Come to one of our treatment centres across Melbourne and talk to our therapists about your needs, or visit our website and make your appointment from the massage options presented in our digital catalogue.

Flexible pricing and services

Our therapists can help you decide on the massage that is most suited to your needs and condition, and match your preferences with the optional extras and length of massage treatment.

Therapeutic and Remedial Massage packages range from a minimum of 10 minutes for an introductory neck massage to 120 minutes for a complete body and relaxation massage.

There are many variations in between, which cost around $1.00 per minute which include a variety of extras and complementary therapies.

Let our therapists know if you would like a massage to last longer than the time listed.
DEEP TISSUE MASSAGE  
(Includes oils and optional hot stone therapy)

Deep tissue massage concentrates on the deeper layers of muscle and connective tissue for chronic muscular pain, injury rehabilitation, sporting and occupational injuries as well as physical and mental fatigue.

Aromatic oils massaged into the skin to help relieve muscular tension, combined with techniques that penetrate deep into soft tissue, help to improve your posture and movement. Combined with gentle techniques you are left feeling relaxed and comfortable.

Deep tissue massage, combined with hot stones, aromatherapy and cupping can all be incorporated to induce optimal relief from stress and pain.

Upper body, back, neck and arms massage

For people experiencing lower or upper back pain, we generally recommend an upper body, neck and arms massage.

This is because injuries or conditions of the back and upper body are not usually isolated to one specific area, and can cause compounding effects on other parts of the body.

Back only  30 mins = $45  
Back and legs  50 mins = $75  
Neck, shoulders, arms & back  40 mins = $60  
Whole of body  60 mins = $95  90 mins = $145

ACUPRESSURE BODY MASSAGES

Based on the same approach used in Acupuncture, Acupressure involves applying deep finger pressure to points in the body to reduce feelings of stress and tension, and improve circulation.

Massages involving Acupressure are available in a range of packages and luxury treatments, for the whole body or concentrating on one part or a combination of parts of the body.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>Neck massage</td>
<td>10 mins</td>
<td>$10</td>
</tr>
<tr>
<td>Neck and shoulders</td>
<td>20 mins</td>
<td>$20</td>
</tr>
<tr>
<td>Head massage</td>
<td>20 mins</td>
<td>$20</td>
</tr>
<tr>
<td>Neck, shoulders &amp; head</td>
<td>50 mins</td>
<td>$50</td>
</tr>
<tr>
<td>Body</td>
<td>60 mins</td>
<td>$60</td>
</tr>
<tr>
<td>Luxury package for body &amp; feet</td>
<td>100 mins</td>
<td>$100</td>
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Acupressure with Cupping

Cupping therapy is used as a complimentary therapy to massage. Negative air pressure is created within the cup to draw blood closer to the surface of the skin and improve local and general circulation. Cupping can also affect a deep state of relaxation and enable flexibility in the painful area, helping to improve restrictions to the range of movement, lung function, menstrual and digestive problems.

Cupping therapy $30

Note: Prices may vary between locations.
REFLEXOLOGY MASSAGES FOR LEGS AND FEET

Traditional Chinese Massage includes modalities that specifically target tired and painful feet and ankles.

These techniques include reflexology involving traditional Chinese Acupressure applied to the reflex areas of the foot, which are believed to be connected to other parts and organs of the body. These reflex areas are massaged to stimulate and restore balance and feelings of health and wellbeing.

Combined with herbal treatments, massage to the legs and feet with Reflexology can also help to improve blood circulation and reduce nervous tension in other parts of the body, including detoxification and lymphatic drainage.

Foot reflexology

<table>
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<tbody>
<tr>
<td>30 mins</td>
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<td>$60</td>
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<tr>
<td>60 mins</td>
<td>$80</td>
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For an optional foot spa +$10
FIND A PERSONAL TREATMENT FOR WHAT AILS YOU

For physical and emotional conditions, involving injury, overuse and fatigue, Zhong’s Massage provides a unique range of relaxing and remedial massage treatments.

MASSAGES TO RELIEVE STRESS

Physical relaxation and stress
The therapeutic effects of massage designed to relax are combined with Chinese Acupressure to provide lasting relief from stress. This includes applying pressure to points in the body to reduce feelings of tension and improve circulation.

- Relaxation massage 30 mins = $30

Herbal Massage & Spa
Especially developed to soothe and relax, Zhong’s Herbal Massage and Spa includes herbal therapies and aromatic essential oils (aromatherapy), combined with Traditional Chinese Massage techniques, to enhance the relaxation and tension relief benefits of gentle therapeutic massage.

Depending on your situation and condition, medicinal herbs and aromas can be included and tailored to address your specific emotional and physical needs.

- Luxury herbal spa package 50 mins = $50

MASSAGES FOR SPECIFIC CONDITIONS AND AILMENTS

Massages for new mums and pregnancy
Zhong’s therapeutic massage techniques soothe the body and soul while providing relief for the discomforts of pregnancy, such as back ache and sleeplessness; or combined with aromatic oils give tired mums the respite they need to face their hectic day.

- Pregnancy gentle foot care package 30 mins = $40
- Pregnancy care 90 mins = $120

Infants and children
Zhong’s Massage provides natural comfort and relief to babies and children using gentle massage techniques to address common childhood ailments like poor sleep, coughs, colic, congestion and gas. This can help to reduce the discomfort of childhood ailments and the use of prescription medicines.

- Child body massage 30 mins = $30

Sciatica
We provide a natural method to relieve both emotional and physical sources of sciatic pain which incorporates the entire length of the sciatic nerve.

Reflexology, combined with herbal remedies and oils that induce relaxation in the mind, nerves and tissues surrounding the sciatic nerve, optimise the beneficial effects of the massage techniques used.

- Massage for sciatic pain 45 mins = $45

Sports and fitness
Our Sports and Fitness massage using hot stones to help muscles relax or cupping to draw blood to the surface and area of injury, combines traditional practices with the modern understanding of the body to maintain fitness, assist healing, and maintain elasticity and movement.

- General sports massage 30 mins = $40
  
  Treatment and duration depends on injury.

Frozen shoulder
Chinese Tui Na massage focuses on improving blood flow, and bringing warmth to the affected area. Acupressure, cupping, scrubbing, and gentle manipulation of soft tissue are used to relieve this condition effectively and restore movement.

- Massage for frozen shoulder 30 mins = $30

Tennis elbow
We use acupressure therapy to promote recovery and reduce pain when grasping and rotating the forearm and for relieving associated pain in the neck and shoulder. This is combined with massage to reduce inflammation and improve blood flow and circulation.

- Massage for disorders of the arm 30 mins = $30

Torticollis (wry neck)
We use a combination of gentle massage, acupressure, warmth, and passive stretching to relax contracted neck muscles to loosen and mobilise the affected muscles in your neck.

- Wry neck massage 30 mins = $30
PROFESSIONAL CHINESE MASSAGE

HAVE A MASSAGE AND FEEL THE DIFFERENCE

Make an appointment ahead of time or walk in to any of Zhong’s Massage centres located in shopping centres across Melbourne.

TRADING HOURS

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday – Wednesday</td>
<td>9.00am – 5.30pm</td>
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<tr>
<td>Thursday &amp; Friday</td>
<td>9.00am – 9.00pm</td>
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<tr>
<td>Saturday</td>
<td>9.00am – 5.30pm</td>
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<tr>
<td>Sunday</td>
<td>10.00am – 5.30pm</td>
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Visit our website to find out more: www.zhongsmassage.com.au.
You are welcome to book online or make an inquiry.

LOCATIONS

Airport West (Westfield), Shop 115
P: 03 9335 5008

Bayside (Frankston), Shop 182P:
P: 03 9781 3658

Bayside (Frankston), Shop F014Q
P: 03 9783 5948

Brandon Park (Wheelers Hill), Shop SP032
P: 03 9560 9725

Broadmeadows Shopping Centre,
Shop G139
P: 03 9309 5077

Eastland (Ringwood), Shop 1128
P: 03 8820 8108

Fountain Gate (Hallam–Westfield)
P: 03 9704 5328

Greensborough Plaza, Shop 251
P: 03 9435 1778

Highpoint (Maribyrnong), Shop 3002
P: 03 9317 7116

Northland (Preston), Shop J015
P: 03 9471 1198

Southland (Westfield Cheltenham),
Shop 1040
P: 03 9585 2168

www.zhongsmassage.com.au
email: