



## **BACK AND BODY MASSAGE with**

### **Jenny Barbagallo:**

Mobile:0408 346 584

As a Remedial Massage Therapist Jenny has a responsibility to provide the best possible treatment to assist clients in the relief of pain and discomfort. She knows how important it is to listen to what is being said and by doing this she makes every effort to provide you with the best therapy by using a very personal and holistic approach.

Jenny has been massaging for over 27 years and has built up her qualifications. Here are some of the modalities She specialises in....

Remedial Massage (Diploma)  
Stretch Therapy  
Dry Needling  
Oncology Massage certificate 1 & 2  
Cranio-Sacral Therapy certificate 1 & 2  
Cupping  
Pregnancy Massage (Diploma)

#### **Remedial Massage:**

Whether Jenny uses deep tissue massage or a gentler technique will depend on you and what she thinks will be the most effective treatment that will benefit you. Yes, it can hurt but only to the extent to what you are comfortable with.

Remedial massage will assist your body to return to optimal performance after injury or with muscular-skeletal disorders, imbalances, sprains, strains, broken bones, headaches and assists in breaking up scar tissue, great for removing blockages and speeds up recovery by providing increased blood flow to the area. It is also very affective to help overcome repetitive strain injury (RSI) and of course, back pain.

#### **Dry Needling.**

Dry Needling is one of Jenny's favourite modalities because it promotes an instant response from tight muscles. By using the same type of needles as acupuncture, Jenny inserts the needle into a point known as a trigger point. Instantly She feels the fibres of the tissue (for want of a better word) melt. It is amazing. Unlike acupuncture, the needle is not left in. It works by the body thinking it is under attack and so blood rushes to the area thus providing an influx of nutrients and oxygen to the area.

#### **Pregnancy Massage**

With the effort of carrying that precious child, the body often feels weighted down, tired and occasionally there could be pain around the pelvis/groin.

Pregnancy massage shouldn't be considered as a luxury but essential. It is from head to toe, including spending time massaging the belly with the intension of the baby feeling it as well. Jenny shows you how to make yourself more comfortable.

#### **Cranio-Sacral Therapy:**

This is another fantastic therapy as developed and taught by John Upledger that will create balance for both head and body. It is very affective for **headaches, improves blood pressure, muscle pain** and works extremely well on the **nervous system** and can ease **back, neck and pelvis pain**.

All this is achieved by a very gentle touch, working with the vibration that goes around the head and body. (This vibration is caused by the cerebral fluid, which is the fluid that flows around the skull and spine).

#### **Oncology Massage:**

Anyone who has cancer or had cancer would benefit from this massage. It is gentle and **relaxing, nurturing**, this helps to **relieve pain, muscle tension and eases nausea** and can help **reduce stress**. It **also improves circulation and lowers blood pressure**.

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#### **Love your Gut Massage**

The gut massage is a very affective massage to **relieve constipation, bloating, heart burn** and other **digestive upsets**. It has been known to help relieve **pain from diverticulitis disease** and can assist women **to conceive**. For men, gut massage can **reduce inflammation of the prostate**. These are just a few of the benefits of having your stomach massaged.

#### **Stretch Therapy:**

To encourage faster and more affective healing Jenny will provide you with the right tools for the job. Stretching is one of those tools. The stretches she recommends are very affective and sometimes very strong. By using these stretches you will teach muscle memory that is how it should respond.

Stretching promotes **muscle relaxation** this will **decrease your risk of injury and increase your range of movement**.



Jenny Barbagallo



**FOR FURTHER INFORMATION OR IF YOU  
WOULD LIKE TO BOOK A TREATMENT. Or  
Stretch session:  
PLEASE CALL (JENNY) ON MOB:  
0408 346 584.**