



# Cupping Therapy & Traditional Thai Massage

Mobile Practitioner – Meander Valley, Hobart, Launceston, Wynyard

**Traditional Thai Massage** is yoga-based bodywork where the body is gently stretched and eased into yoga poses, while acupoints and meridians are massaged and stimulated. It is a whole body treatment with the purpose of energising and relaxing the body-mind. *Performed fully clothed on a mat on the floor.*

**Cupping Therapy** is ideal for relieving pain, moving stagnation, loosening congestion, warming cold, reducing heat/excess, enhancing circulation, mending fascia and bringing toxins to the surface for external release. *Performed directly on exposed skin on a table or chair.*

Enjoy a **Sliding Cup massage**, **Moxibustion** or **Gua Sha treatment** to relieve your flu or cold, bodily aches and pains, as well as support injury or post-operative recovery.

I always **adjust and adapt** to your condition, physical range of motion, level of sensitivity, injuries, ailments and health goals. Qigong and Holistic Yoga exercises may be given to complement a treatment.

Prices start from **\$45 for 30-mins cupping** and **\$80 for 60-mins massage**. **30, 60, 90 or 120-minute** sessions available.

Cash, PayID and bank transfers welcome.

**Classical Yoga** is a powerful way to bring the body, breath and mind into a balance. It is a complete practice with deep holds, slow flow and gentle recovery, as well as Pranayama (breathing exercises) and Yoga Nidra (deep active relaxation).

**Qigong** is a soft energy-based exercise that nurtures, accumulates and maintains your Qi or vital energy throughout your life. By working our Qi, we keep ourselves strong and healthy from the inside out.

**Prices for classes start from \$15 or \$35 for one-on-one classes.**

Traditional Thai Massage, Cupping Therapy, Qigong and Classical Yoga are ideal for the mature aged, adults, teens and kids. All four help calm the nervous system, open the joints, stimulate blood-lymph-Qi flow, mend fascia, balance Yin-Yang energies, relieve pain, stress and tension.

**Natural health** has been a way of life for Jasmin since 1995. She completed studies in Reflexology in 1996, Traditional Thai Massage in 2009 and 2018, Traditional Medicine in 2016, Cupping Therapy in 2017, Yoga Teacher Training in 2024 and Qigong Wellness coaching in 2025 with experience from Germany, Norway and Australia.

**Give yourself a relaxing and energising whole body treatment!**

**For bookings and enquiries call or sms Jasmin:**

**0448 381 306**

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**Web: [www.cuppingthaimassage.xyz](http://www.cuppingthaimassage.xyz)**

# Price List 2025

30 min Cupping Therapy \$45	60 min Cupping Therapy \$80
30 min TTM \$45 ***	60 min TTM \$80
90 min TTM \$120	120 min TTM \$160
90 min TTM & Cupping \$120	120 min TTM & Cupping \$160
60 min Ab. Massage \$80 *	60 min Face, Head, Neck \$80 **
30 min Nutritional Therapy \$45	60 min Nutritional Therapy \$60
60 min priv. Yoga class \$35	60 min priv. Qigong class \$35
Online Yoga / Qigong class \$15	Outdoor Therapy & Retreat, <sup>POA</sup>

\*\*\* TTM = Traditional Thai Massage

\* Abdominal massage is a Gua Sha, Cupping, Qigong and TTM combo

\*\* Face, Head, Neck, Shoulders massage is a Gua Sha, Cupping, Qigong and TTM combo

## Where & When Can We Meet?

<b>Every day</b>	Deloraine (Body & Soul Gym)
<b>Wednesdays</b>	Western Creek (Meander Valley Yoga)
<b>Thursdays</b>	Deloraine (Prana)
<b>Once a month</b>	Hobart, Kingston & Blackmans Bay
<b>Once a month</b>	Launceston (House of Prana)
<b>Once a month</b>	Wynyard

**I am mobile - I can also treat you in your home.**

Travel fees may apply. Long term arrangements attract a discount. Pensioners receive reduced rates. I'm fully qualified and insured, with many years experience as a support worker. I look forward to working together with you on your long term health goals!