



Cupping Therapy & Traditional Thai Massage

Mobile Practitioner – Deloraine, Hobart, Launceston, Western Creek



Traditional Thai Massage is yoga-based massage where the body is gently stretched and eased into yoga poses, while acupoints and meridians are activated – all with the purpose of stabilising, energising and relaxing.

Cupping Therapy is ideal for relieving pain, moving stagnation, loosening congestion, warming cold, reducing heat/excess, enhancing circulation, and bringing toxins to the surface for external release.

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

Treatments are available as **30, 60, 90 or 120-minute** sessions. Sessions can be either massage or cupping, or a combination of the two.

Prices start from **\$45 for 30-mins cupping** and **\$80 for one hour massage**.

Classical Yoga is a powerful way to bring the body, breath and mind into a balanced alignment. It includes deep holds, dynamic flow and gentle recovery, as well as Pranayama (breathing exercises) and Yoga Nidra (deep active relaxation).

Qigong is the best way to nurture, accumulate and maintain your Qi or vital energy throughout your life. By working our Qi, we keep ourselves strong and powerful from the inside out.

Prices for classes start from **\$15 for groups** and **\$40 for one-on-one**.

Authentic **Traditional Thai Massage** and **Cupping Therapy**, as well as **Classical Yoga** and **Qigong for Health** are perfect for kids, teens, adults and the mature aged.

All four help calm the nervous system, open the joints, stimulate blood-lymph-Qi flow, mend fascia, strengthen internal organs, balance Yin-Yang energies, tonify deficiency, unblock stagnation and relieve pain, stress and tension.

Give your body's self-healing power a boost today with a complementary whole body treatment!

Good To Know

- I adapt my treatment to your condition, limitations and wishes.
- Thai Massage is performed on a fully clothed body on a mat.
- Cupping is performed on exposed skin while on a table or chair.
- Gua Sha scraping and Moxibustion may be used during a session.
- Qigong and Classical Yoga advice given for health maintenance.
- Cash payments welcome; PayID and bank transfers accepted.

For bookings, contact Jasmin on 0448 381 306

Learn more: <https://cuppingthaimassage.xyz>

Email me: jasmin@cuppingthaimassage.xyz

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Price List 2024

30 min Cupping Therapy \$45	60 min Cupping Therapy \$60
30 min TTM \$45 ***	60 min TTM \$80
90 min TTM \$120	120 min TTM \$140
90 min TTM & Cupping \$120	120 min TTM & Cupping \$140
60 min Abdominal Massage \$80 *	60 min Face, Head, Neck \$80 **
30 min Nutritional Therapy \$45	60 min Nutritional Therapy \$60
60 min private Yoga class \$40	60 min private Qigong class \$40
Online Yoga or Qigong class \$15	Outdoor Therapy & Retreat, ^{POA}

*** TTM = Traditional Thai Massage

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

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

Where & When Can We Meet?

Every day	Body & Soul Gym, Deloraine
Wednesdays	Meander Valley Yoga, Western Creek
Thursdays	Prana, Deloraine
Once a month	Private residences, Hobart & Blackmans Bay
Once a month	House of Prana, Launceston

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

Travel fees may apply. Long term arrangements attract a generous discount. Fully qualified and insured. I have many years experience as an NDIS and Aged Care support worker. I look forward to working together with you on your long term health goals!