

# Massage at BT Pilates



## *Massage Relaxes the mind and the Body*

Massage works as a powerful ally to the body's natural healing as it releases stress and pain.

In response to massage, specific physiological and chemical changes cascade throughout the body with positive results. The various physiological effects of massage are:

### Effects on Skeletal System

- Increases joint mobility
- Helps to free adhesions and decrease inflammation

### Effects on Muscular system

- Relieves muscular tightness
- Increases flexibility in the muscle tissue
- Increases blood circulation



### Effects on Cardiovascular system

- Improves circulation and dilates the blood vessels
- Helps decrease the blood pressure
- Decreases the heart rate due to relaxation'

### Effects on Lymphatic system

- Reduces excess fluid in the tissue
- Regular massage may also help to strengthen the immune system

### Effects on the Nervous system

- Massage stimulates sensory receptors
- Massage stimulates parasympathetic nervous system
- Massage helps reduce pain by the release of endorphins

### Effects on the Skin

- Brings improved circulation to the skin
- Brings improved elasticity of the skin
- Brings about improved sebum production
- It brings about vasco-dilation of the surface capillaries helping to improve skin's colour



### Effects on the Respiratory System

- Deepens respiration and improves lung capacity
- Slows down the rate of respiration due to the reduced stimulation of the sympathetic nervous system

### Effects on the Digestive system

- Massage increases peristalsis in the large intestine
- Massage promotes the activity of parasympathetic nervous system which stimulates digestion

### Effects on the Urinary system

- Massage increases urinary output due to increased circulation & lymph drainage from the tissues.

## Our massage staff

### Disha Sharma

- Bachelor and masters degrees, physiotherapy (India)
- Diploma in therapeutic and sports massage (NZ)





Head, neck, and shoulder massage

30min      30\$

Indian Head massage

30min      25\$

Relaxation massage

30 min      30\$

60 min      60\$

90min      90\$

Therapeutics massage

30min      40\$

60min      70\$

90min      100\$

Sports massage

20min      30\$

30min      40\$

45min      50\$

60min      70\$



Trial sessions for massage

3 sessions package for relaxation

Each session of 60 min – 150\$

3 sessions package for therapeutic

Each session of 60 min- 180\$

3 sessions package for sports

Each session of 60min- 180\$

5 sessions for massage (each session of 60min)

Relaxation -      230\$

Therapeutics-      280\$

Sports-              280\$

10 sessions for massage (each session of 60min)

Relaxation-          440\$

Therapeutics-      540\$

Sports-              540\$

# Massage at BT Pilates



For appointments

Contact

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