

TPH Remedial Treatment Information

As of January 2024



Thank you for choosing Three Point Health for your health journey. Please read all the information below so there is an understanding of requirements and expectations for all Treatments at Three Point Health.

Expectations

Remedial Massage Treatment can assist with headaches, tension, circulation and be a remedial treatment to prevent and eliminate muscular/skeletal injuries. It can reduce stress and even enhance metabolism and circulation by healing and invigorating tired, aching and or injured muscles.

After a massage treatment, it is common to experience nausea and tenderness or residual discomfort up to 48 hours post treatment. So plenty of water is advised post treatment. Due to this; it is important to advise if you bruise easily, have a bleeding disorder or taking blood thinners. It is also common to feel relaxed and sleepy after a treatment so give yourself time to adjust after treatment.

It is possible that the therapy provided at TPH may not be suitable for you. We will offer you a referral to another health professional where possible if we cannot help you.

The best way TPH can support your health is to answer all questions as honestly and detailed as possible so we can attend to you in the best possible way. Due to space it is preferred that you attend the Studio on your own and don't forget your Private Health Card to receive your rebate straight away through our convenient Hicaps System.

All treatments will be explained to you. If the therapist believes exercises or stretches, special tools are required, (cups, needling, hot stones etc...) the therapist will discuss these options with you & ask for your consent. Remedial Massage Therapists do not diagnose medical conditions & do not take place of any medical treatment from your General Practitioner.

Due to changes at TPH - Gift Vouchers are no longer available for any treatments.

PLEASE TURN PHONES OFF!



I understand at times you may need to be contacted - though for the best out of your treatment your complete relaxation without distraction is required. So please leave phones on silent in your bags or not in the room at all. This is YOUR time, celebrate you, by giving yourself time!

Cancellations

- There is an understanding that life is not always smooth sailing and cancellations are required. There is usually a waiting list so the sooner you advise the Studio the sooner we can attend to some one else in need & reschedule your appointment. If you let us know too close to time the appointment it makes it difficult to fill this time slot.
- You can cancel for FREE up to 24 hours ahead otherwise a cancellation fee of 30% will be charged if the cancellation reasoning isn't medical or a dire strait situation, this will be up to the therapist discretion, or 50% for a no show. Thank you for your understanding.

CONTACT: 0412915336
threepointhealth.com.au

Cleanliness

- Sanitisers are available for your use before and after treatment
- Please shower and wear fresh clean clothing to attend to your appointment
- Deodorise and sanitise before entering for your treatment and please no strong perfumes.
- Only professional grade unscented massage oils are used at TPH. Upmost care is taken so as not to spread it onto clothing and the therapist will always wipe off excess. If there happens to be oil spillage on your clothing it will wash out very easily in cold soapy water.

Please BOOK at:
threepointhealth.com.au

LOCATION:

TPH Remedial Therapy is located in a residential area in a Private Studio. When arriving you will have your own car spot to park in, just adjacent to the Studio. Please be respectful of the neighbourhood. Address to the Studio is given to you once you have confirmed your appointment.

NEW STUDIO HOURS:

TPH is currently changing & will only be open on

Tuesdays:
11:30am to 4:30pm.

FEES:

30 mins - \$65.00

45 mins - \$75.00

60 mins - \$95.00

REMEDIAL THERAPY:

Lymphatic Treatment | Stretches | Breathing Techniques

Deep Tissue work | Cupping | Hot Stones | Dry Needling

Pregnancy | Pre & Post Surgery