



Women's Wellness Centre offers a variety of specialised treatments and massage styles to suit your needs

Prenatal/Postnatal Massage
Relaxation Massage
Remedial Massage
Lymphatic Drainage
Myofascial Cupping
Dry Needling

What to expect during your treatment:

- Consultation of your presenting condition
- Physical assessment
- Treatment based on presenting condition

For bookings please contact me on the following:

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Email: info@wwcentre.com.au

Website: www.wwcentre.com.au

Facebook: [Women's Wellness Centre](https://www.facebook.com/Women's-Wellness-Centre)



Hi I'm Mary Dawalibi. I'm a Massage Therapist who specializes in Women's Health Issues.

As long as I can remember I have had a desire to one day pursue my passion in Massage Therapies. I finally managed to make my dreams come true and completed a Diploma in Remedial Massage. In the duration of my course I learnt various massage techniques to assist in managing the Chronic Disease pains.

You may ask what's a Chronic Disease? These are diseases which cause unbearable pains in your body due to hormonal imbalances, such as Endometriosis and Polycystic Ovarian Syndromes. Being an Endometriosis sufferer myself for many years, has given me a compassionate understanding in the difficulty of coping with these pains in our daily life activities, our relationships with family, our friends as well as in our careers.

Ladies, I am very keen to help you feel healthier and better by easing those pains with my hands on therapy. Please book in for an appointment and I hope to see you all very soon.

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Remedial Massage Benefits:

- Tailored treatment for your specific needs.
- Locates and repair damaged areas of the body.
- Speed up the body's own healing processes.



Prenatal/Postnatal Massage Benefits:

- Hormone regulation.
- Reduction of swelling.
- Reduction of back pain.
- Improved circulation.
- Reduced edema.
- Reduction of muscle tension and headaches.
- Reduction of stress and anxiety.
- Improve sleep patterns.
- Improve breastfeeding.



Lymphatic Drainage Benefits:

- Detox.
- Promotes healing.
- Reduction of fluid retention.
- Relieves sinus inflammation.

Dry Needling Benefits:

- Reduces pain.
- Improves movement.
- Speeds up the recovery process.



Myofascial Cupping Benefits:

- Reduction of muscle tension.
- Reduction of fascial adhesions.
- Improves functional movement patterns.



Relaxation Massage Benefits:

- Lowering blood pressure.
- Improvements to peripheral circulation.
- Improvements to skin tone and appearance.
- Improvements to gastrointestinal motility (regulates bowel movements).
- Reduction in muscle tension including the relief of tension headaches.
- Improvements to stress-related symptoms. (This includes providing a gentle boost to the immune system if you undergo regular treatments).

