Home Page

* Effective pain relief
* Expert Remedial Massage
* Rehab Exercises and treatment plans
* Richmond and Geelong?
* Male and Female Therapists

At Touch Point Massage Therapy we aim to relieve your pain and discomfort with professional treatment of muscular problems at a reasonable price.

With over 10 years of remedial massage experience, the Touch Point team can help treat pain symptoms including: wry neck, shoulder and upper thoracic stiffness, sciatica, lower back pain, tension headaches, foot correction issues and much more.

Our clinic is located within Richmond's trendy cafe and residential district with ample on-street parking nearby.

We are open six days a week and regularly take evening appointments after 6.00pm. At Touch Point we understand that people are busy Monday - Friday between 9 and 6pm so we welcome after-hours appointments. We pride ourselves on our professional attitude towards our clients. Touch Point also offers fantastic incentives and discount pricing for multiple bookings - please see our [specials page](http://www.touchpointmassage.net.au/prices.html) for more information

**A Wide Range of Massage Styles**

Both Owen, Jonathan and the Team can incorporate the following styles into your treatment:

* Trigger Point Therapy
* Sports & deep tissue massage
* MET counter strain techniques
* Traditional Thai massage
* Hawaiian / Lomi Lomi massage
* Cupping and Gua Sha therapy
* Relaxation massage
* Myo-fascial Release
* Pregnancy massage

## Private Health Fund Claiming

Touch Point also has HICAPS / EPTPOS facilities for easy electronic claiming with all of the major Australian health funds. Both Owen and Jonathan are registered with WorkSafe, giving clients with work place injuries the option to claim through their employer via remedial massage.

We provide private health rebates for clients who have 'extras' packages with HBA, NIB, Australian Unity, Medibank Private, MBF, HCF, AHM and many more. You can also claim your with worksafe etc.

**Additional Points**

* Icons for each intro dot point?
* Stock Images?
* Logo?
* Hamburger is for mobile site only- better to have normal menu in desktop navigation

Meet the Team

Jonathan, Owen, Ellen, Daryoush edited profiles

**Additional Points**

* New Pictures?

Clinic Treatments

**Intro**

At Touch Point Massage Therapy we employ a range of therapeutic treatments focusing on alleviating muscle tension, stress and dysfunction in the body.

Once filling out a consultation form, either Owen or Jonathan will have a brief conversation about what you're after during the treatment and how we can best help you. If you're up for a straight hard, pummeling sports massage of the gluteals, ITB's, hamstrings and calves we can help you out. Or if you're after a soothing Hawaiian / Kahuna massage with long, sweeping massage that will send you into a relaxation bliss zone, that's no problem either. (haha!)

Treatments are tailored to assist your specific problem and we typically incorporate a range of different techniques such as MET (Muscle Energy technique), TRP (Trigger Point Therapy), MFR (myo-fascial release), muscle stripping, cross-fibre friction and deep-muscle manipulation.

**2 x Case Studies!**

**Treatments**

**Remedial Massage**

Incorporates several specialised massage techniques to locate and help ease muscle stiffness and tension in the body. Firm, remedial massage is the best treatment for freeing up adhesions (little knots) in muscles, stretching out strained / tightened muscles and just giving your body a "wake-up" call for the rest of the week.

**Relaxation Massage**

A full body massage with lots of sweeping and gliding techniques from the head to the feet.

**Trigger Point Therapy**

The therapist locates and deactivates 'trigger points', which are often wound-up muscles that have been damaged or are "kinked". The major goals are to reduce spasm, inducing new blood flow into the affected area.

**Sports & Deep Tissue Massage**

A highly effective treatment for clients in running clubs, that visit the gym regularly or compete in sports teams. Vigorous rubbing techniques are used to warm up muscle tissue. Long, deep strokes - through large muscle groups such as the quads and gluteals - can help eliminate toxins and lactic acid from the body.

**Myo-fascial Release (MFR)**

By applying two opposing forces on the muscle with friction, the patient and therapist work together to release the outer coating of the muscle known as fascia. This will then provide instant results for an increased range of motion.

**Additional Points**

* Maybe have a tab to flick through all treatments so doesn’t take up 3 pages of writing
* Think of a clever way to flick through case studies

Pilates

Long time fitness instructor, surf fanatic and Pilates guru, Owen Coupe, has put together a unique brand of smooth, flowing Mat Pilates. Classes focus on:

* Strengthening your core
* Improving balance and posture
* Working out in a fun group-setting

Classes will be held outdoors at Citizens Park Richmon, though-out the wamer months of the year (Oct- April) and indoors through the colder months of May – September at <venue>

Please note:

* A Pilates mat and loose workout attire is all that is required
* For class times, venues and information please contact Owen at enquiries@touchpointmassage.net.au or call 0424 339 453

**Additional Points:**

* Photos?

Special Offers

1. Pay up front for 5 x 60-minute massages valued at $450.00, and get your sixth one-hour massage for free. Alternatively, pre-purchase 5 x 45-minute massages for $390.00, and get your sixth massage for free!
2. When rebooking massages 0-48 hours after your appointment, be awarded with a 10% discount on your next treatment
3. When booking before 6pm on Mondays get a massive 20% off the regular price for your massage.
4. Check the Touch Point APP regularly for new specials all of the time!
Download for free -> [iPhone: bit.ly/tpmt-i](http://bit.ly/tpmt-i)     [Android: bit.ly/tpmt-a](http://bit.ly/tpmt-a)

Note: Only one special can be used at any one time per customer.

## Price List

|  |  |
| --- | --- |
| Practitioner rates* 30-minutes $60.00
* 45-minutes $78.00
* 60-minutes $90.00
* 90-minutes $140.00
 | 10% off rebooking rates* 30-minutes $54.00
* 45-minutes $70.20
* 60-minutes $81.00
* 90-minutes $126.00
 |

## Payment Details

Cash on delivery of service is preferred or direct funds transfer via Internet Banking.

Touch Point also has a modern HICAPS and EPTPOS claiming system, meaning you can claim back easily from your health fund right after your massage treatment. Most credit cards and EPTPOS cards are welcome.

## Gift Vouchers

A Touch Point Massage Therapy gift voucher is a great gift idea for a loved one or colleague who deserves to be pampered. Vouchers are available for any massage service or for a specified dollar value.

You can even pay over the phone via credit card or internet funds transfer and have a beautifully-presented gift voucher posted to you free of charge!

Contact Details and Directions

**Walkins welcome**

Enter via rear at 374 Bridge Road Richmond, via Foster Place off Coppin Street behind Eagle Hotel. Our back gate is always open but if not please phone the clinic on (03) 9494 0722 an we will attend to your promptly

Once in the premises, walk upstairs to Level 1 and enter the massage room for your treatment. If the room is occupied, please take a seat in our lovely waiting room upstairs and enjoy a tea or coffee before your treatment.

## Parking

Parking is easy to find at Touch Point Massage Therapy. There are plenty of 1-hour and 2-hour spots surrounding our clinic - right on Bridge Road as well as Coppin Street. From time to time the rear-clinic parking spot will be available for clients.

The best place to park for a 60 or 90-minute treatment is on Coppin Street near the Spread Eagle Hotel, where there's free 2-hour spots most of the time.

Public transport access is easy too. A tram stop for Routes 48 and 75 is right out the front of our clinic on Bridge Road.

## Opening Hours

9am - 9pm Monday - Friday
10am - 7pm Saturdays
Sunday – closed

**Additional Points**

* Include the intro?
* Include dot points?
* Include snap shot of Owen?
* Spencer Bio?

General Website Stuff

* Include Ezybook link every page
* Include Hicaps everypage
* Book online now bigger on home page (for Richmond Only)
* Social Media links
* Blog- can be included at any time
* Menu: About, Meet the Team, Prices and Offers, TP Treatments, Clinic Directions, Pilates PT and More

**Additional Points**

* Hamburger menu for desktop?
* Photos for front slider?

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