Visage Health and Lifestyle Clinics are Challenger Institute’s student operated training facilities, situated in the West End business district of Fremantle and at the Fremantle campus.

The clinics enable students to perform a range of remedial massage techniques and treatments in a real-life environment.

**BOOKINGS ARE ESSENTIAL!**

The clinics are open Tuesday, Wednesday and Thursday evenings and Saturday during school terms only.

**West End:**
6-8 Cliff Street, Fremantle
CALL 9239 8227

**Fremantle campus:**
15 Grosvenor Street, Beaconsfield
CALL 9239 8227

clinic@challenger.wa.edu.au

challenger.wa.edu.au
Remedial massage is highly effective in reducing muscle tension allowing the body to relax.

Student training

Challenger Institute’s remedial massage students are trained over 18 months in order to become competent remedial masseurs. During their training students learn techniques in:

- Deep tissue massage
- Manual lymph drainage
- Myofascial release
- Trigger point practice
- Relaxation massage
- Sports injury and stress management.

Students are required to undertake comprehensive assessments on clients and are trained in assisting clients with lifestyle management techniques, such as stretching for postural awareness.

What can you expect from a remedial massage session?

A remedial massage is different from other massages. This type of massage is specifically designed to meet the needs of individual clients. Performed in a private environment, these massage sessions usually last one hour, including individual assessment and massage time.

Cost: $30