



*Molly's Body Therapies*

*Massage Therapies*  
Remedial  
Relaxation  
Lymphatic drainage  
Zen Shaitsu Thai Fusion

*Shiatsu is traditionally practiced by a therapist on a futon whilst the guest is fully clothed. The therapist applies pressure to the body through thumbs, palms, elbows, knees and feet to increase circulation, release toxins and enhance energy. Traditional Thai massage is physically assisted Yoga postures creating freedom of movement. The Fusion is blending these two ancient therapies for your personal requirements, harmonizing your whole being.*

*Body Treats*  
Hot stones  
Body scrubs  
Body Wraps

All scrubs and wraps are blended uniquely for you.

*Design your own*  
Molly can assist you with combining a number of treatments. Create your own journey and experience for nourishing your mind, body and spirit.

*Molly Barbara Hair*  
Ph: 0415 239 632

*Please call to arrange your appointment with Molly.*

*Molly has worked in the medical field for 36 years as a nurse and professionally training in remedial therapies. A trained yoga teacher and Reiki master, she brings her personal life experiences and knowledge into her treatments which she uniquely creates for you. With her focused intention she brings your attention to your true energy.*

You may choose to have a massage brought to you, or experience a treatment in the privacy of Molly's place in beautiful Wandiligong just 5kms from Bright, North east Victoria.