

# Relaxing Russian massage creates the Ripple effect



**HOLISTIC CHOICE**  
RAYM

**I** WAS intrigued by the prospect of a Russian massage, one of the menu items offered by Ripple massage.

Operating as 'the day spa that comes to you', trained Ripple therapists come to your home or holiday apartment and offer as good a package as you might receive in any of the many quality day spas in this area.

My therapist, Amanda Roberts, who also has a naturopathy practice in Lennox Head, visited me as a Ripple practitioner.

If for any reason you do not feel like leaving the space where you are, then a visit from someone as skilled as Amanda is worth considering.

In Russia, massage has been a part of almost every treatment Russian patients receive during their inpatient or outpatient rehabilitation.

It is much more integrated into their whole medical system than massage is here.

Until recently this form of massage was taught only in medical and sporting establishments.

Dating from around 1860, the only way you received this therapeutic massage was by prescription, or if you were a member of a sporting team. Fortunately, things have changed.

As part of my in-home spa package I first received a peppermint and lime-scented foot soak and

scrub, then a back exfoliation with a walnut, tangerine and lime scrub, followed by the massage itself.

All of that was finished off by an organic green clay and cucumber cleansing face mask, with hot towels and a moisturiser. Delicious!

I feel sorry for any reader who has not yet enjoyed a day spa experience. I suggest you treat yourself, you deserve the best.

The main part of my session was the Russian massage; a deep tissue technique that starts and finishes gently and involves the use of the therapists' knuckles to penetrate those tired and cramped muscles we all wish we didn't have.

Amanda managed to find and release tension and knots in my muscles I was totally unaware of.

Ripple day spa's promotional material describes the Russian massage as relaxing. Therapeutic, yes, very much so, but the relaxation happens at the beginning and the end, either side of the deep tissue work in the middle.

By its nature this technique is ideal for someone who is physically active – a builder, sportsperson or an athlete.

If you are looking for deep tissue muscle release I highly recommend it. These Russians know a thing or two.



**RUSSIAN MASSAGE:** By its very nature this technique is ideal for someone who is physically active.