

# Amy Tyler

THERAPEUTIC MASSAGE

## Oncology Massage: Giving quality to life

Oncology Massage is a gentle, nurturing and non-invasive treatment that takes into consideration all the changes that occur to your body, physically and emotionally, once a diagnosis of cancer and treatment occurs.

The massage is modified to make it safe during all parts of the cancer journey, whether you have just been diagnosed, are undergoing surgery, chemotherapy, or radiation therapy, or are in palliation or survivorship.

Scientific research shows that gentle massage can reduce:

- Pain
- Fatigue
- Anxiety
- Depression
- Nausea

Massage may also help:

- Improve Sleep
- Mental Clarity and Alertness
- Peripheral Neuropathy
- Constipation
- Shortness of Breath
- Scar Restrictions
- Range of Motion Issues

Amy is an internationally accredited teacher for Oncology Massage Ltd and has continually expanded her education and knowledge of working with people who have had a cancer diagnosis throughout her career. Amy is also a Certified KickPink Practitioner and has written substantial coursework for Oncology Massage Ltd's tutorials: "Scar Massage" and "All Things Head and Neck" – covering Brain and Head & Neck Cancer.

**Amy will be practising at the San Cancer Support Centre Each Friday.**

**For bookings please call 0435033777**

