

Why Choose Inner Sight Nepal?

Experienced Therapists: Our team of skilled therapists have years of experience in relieving pain, reducing stress, and enhancing your overall well-being. They have a broad knowledge of Anatomy & Physiology. Our therapists receive ongoing training by our Australian therapist and owner

Customized Treatment: We tailor each massage session to your specific needs and problems, ensuring you get the maximum benefit from your visit. No two treatments are the same.

Tranquil & Clean Environment: Treatments are provided in clean and professional rooms. We use a high-grade customised oil which is light and non-greasy.

Benefits Galore: From pain relief and improved flexibility to better sleep and reduced stress, our massages offer a multitude of benefits.

Convenient Appointments: We offer flexible scheduling options to accommodate your busy lifestyle.



International Club, Surendra Bhawan
Sanepa | Lalitpur | Nepal



+977-980-1133111

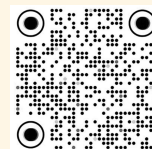


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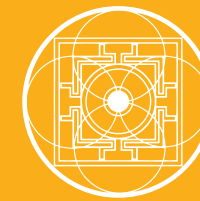
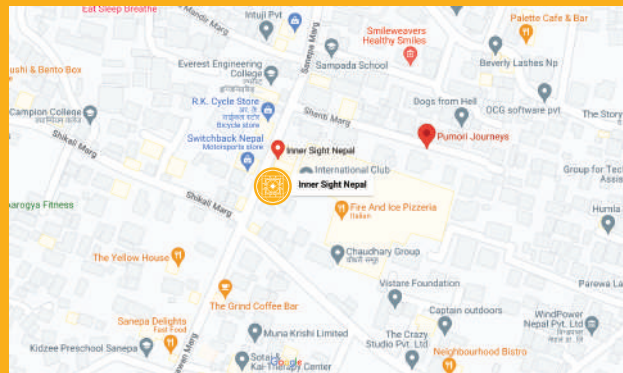


www.innersightnepal.com

FOLLOW US



OUR LOCATION:



Inner Sight

REMEDIAL & SPORTS MASSAGE THERAPY



ABOUT US

Inner Sight is a professional clinic focusing on providing high quality therapeutic Remedial and Sports massage therapy.

Treating and managing muscular-skeletal pain, including stress, tension and injury rehabilitation.

Common complaints we treat but not exclusive are lower back disc injuries, shoulder bursitis and neck strains.

Our therapists are internationally trained with regular training and quality control measures to ensure the highest standards are maintained.



OUR STORY

Inner Sight opened in 2022. Founded by Andrew Salvietti, a remedial massage therapist from Sydney, Australia.

In 2011 Andrew became involved in a volunteer role teaching massage to the visually impaired in Pokhara and Kathmandu.

Andrew saw a need for a high quality physical therapy service outside of physiotherapy and chiropractic, which was hands on, and that actually made a difference hence Inner Sight Nepal was born.

WHAT WE DO

REMEDIAL MASSAGE

Remedial massage is a form of massage that works to **Remedy** or fix a problem in your body. This may be an **Acute** injury that has just occurred, a long-lasting **Chronic** problem that is always there or problems that may come up from time to time like headaches or muscle aches. It also has a profound effect on **Stress!** As stress often manifests in the body as tension, by releasing the tension, stress is reduced, endorphins increased, and a sense of relaxation and **Well-Being** ensue.

SPORTS MASSAGE

Sports Massage incorporates a specialised focus on **Sports Injury** prevention and treatment. Generally, it is used for sports people or people who exercise regularly. **Pre and Post-game** massage will be a little less firm, using faster and longer strokes. When treating an injury, the massage techniques will be the same as remedial massage. It can help with injury prevention and reduce **Recovery** time after exercise. Sports massage is used in combination with a **Remedial** massage treatment when and where needed.

WHAT WE TREAT

PAIN | TENSION

- ◆ Back/Neck/ Shoulder
- ◆ Headaches
- ◆ Sciatica
- ◆ Hip
- ◆ Knee

INJURIES

- ◆ ITB syndrome
- ◆ Rotator cuff
- ◆ Bursitis
- ◆ Sprains/strains
- ◆ Tennis/Golfers elbow

PRICE LIST

Remedial / Sports / Deep Tissue
(Massage Therapy)

60 minutes - Rs. 2,800

90 minutes - Rs. 4,000



MEMBERSHIP

It is important to have regular treatments in order to attain maximum results and benefits from Remedial massage.

We offer an affordable option when you pay up front for 4 sessions.

Rs. 10,000

(this works out to cost only Rs. 2,500 per session)

