

REBUILD WITH OCTAVIA

after
birth, cancer or surgery
MAKING STRONG WOMEN STRONGER

REHABILITATE

Rebuild from the Foundations Up

Physiotherapy
Pilates
Personal Training
Biomechanics



SCAR CARE

Optimise Scar Healing

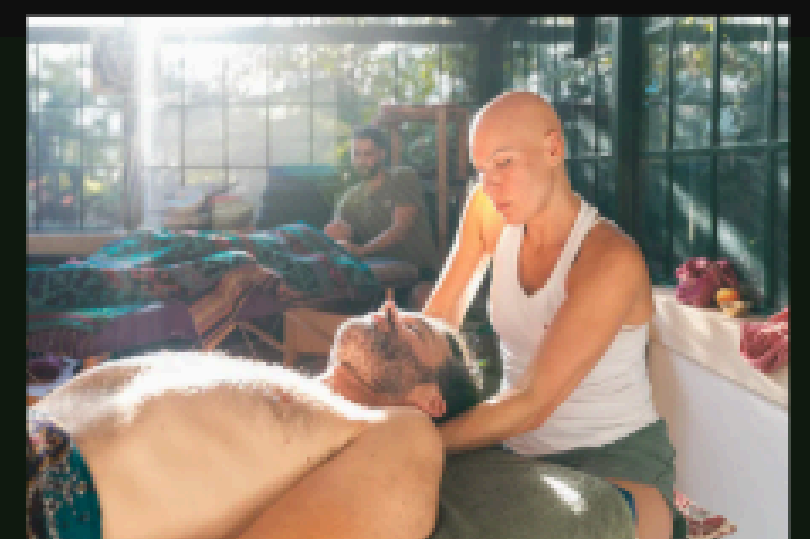
Massage
Acupuncture
R-Shock
Cupping



DEEP MASSAGE

Deep Myofascial Somatic Liberation

Mobilise
Release
Relax
Restore



Many women feel disconnected from their bodies after birth, surgery, menopause, or chronic stress. Every woman deserves to feel strong, informed, and confident again.

With a focus on education, mindset, and functional movement I support women to understand their bodies, make confident decisions, and rebuild the resilience needed to return to the lives and activities you love.

As a physio of 18 years, I specialise in women's health and cancer rehabilitation. I blend physiotherapy, Pilates, personal training principles and biomechanics for transformative results.

Why massage your scar

- Improve sensation
- Reduce pain
- Paler appearance
- Flatter scar
- Improve or prevent overhang
- Easier recovery
- Protect future fertility
- Optimise bowel and bladder function
- Maximise mobility



Understanding
Confidence
Resilience

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