

HERMANOS
AESTHETICS

YOU DON'T HAVE TO KNOW EVERYTHING,
JUST WHERE TO GO.

RECOVERY + MOVEMENT THERAPY



WHERE RECOVERY MEETS RELIEF

ASSESSMENT-LED BODYWORK FOR PAIN, OVERLOAD, AND RECOVERY

The body stores stress, load, and injury patterns long after the original trigger is gone - often showing up as **pain, tightness, or fatigue** somewhere else.



THE 90 MINUTE HANDS-ON BODY SESSION

R1700

The Approach:

Caleigh offers therapeutic, assessment-led bodywork designed to address pain, movement restriction, overload, and recovery at the root cause.

Each session begins with a functional assessment to understand how your body moves, compensates, and holds stress. Treatment is guided by this assessment and tailored to the individual, rather than following a fixed routine.

When we say movement, we don't mean exercises. We mean how your body holds itself day to day - posture, tension, stress, and physical load - and how that affects how you move and feel.

The Work:

Sessions may include a combination of deep tissue and remedial techniques, trigger point therapy, myofascial release, acupressure-based work, and slower integrative techniques. These approaches **support recovery, nervous system regulation, and more sustainable movement patterns.**

Where appropriate, subtle movement or postural guidance may be included to support longer-term outcomes, reduce recurrence, and improve overall physical resilience.

The focus is targeted, outcome-driven work - supporting pain reduction, recovery, and sustainable movement - while leaving you feeling calmer, lighter, and more functional in your body. Most clients notice improved mobility, reduced tension, and a calmer nervous system after a session, with benefits building over time.

Best for:

- Chronic or recurring pain
- Neck, shoulder, back, or postural issues
- Training-related or work-related overload
- Stress-related tension or nervous system burnout
- Clients needing deeper, more comprehensive recovery work

Practitioner:

Caleigh Opperman, *Recovery & Movement Specialist*

With a background in sports science, physiology and therapeutic bodywork, Caleigh specialises in assessment-led treatment focused on recovery, pain reduction, and long-term physical resilience.

BOOK NOW