



# FRUEAUFVILLAGE

## WELCOME



## FALLS CREEK VICTORIA



# FRUEAUFVILLAGE

We would like to take this opportunity to say welcome and trust that you will enjoy your stay with us. Please make yourself at home and enjoy all that makes the mountain so magical and breathtaking throughout the year.

This compendium includes details of your apartment and other information that may be useful during your stay. If an item is not listed, please let us know, we would be more than happy to assist.

Should you require any assistance during your stay, please contact our guest services on 03 5758 3476. The office located on the lower level of Central Chalet is open from 07:00am to 19:00 pm daily. If the office is unattended during or after this time please call guest services.

Once again, we hope you enjoy your time at falls Creek and we sincerely hope you enjoy your stay with Frueauf Village this winter and we will look forward to welcoming you back again soon.

Warm regards

Brett Williams

General Manager

FSCM Pty Ltd - Frueauf Village Management



# FRUEAUFVILLAGE

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# FRUEAUFVILLAGE

## CONTACT DETAILS

### Address

4 Schuss St  
Falls Creek Victoria 3699

### Guest Services

03 5758 3476

### General Manager

0427 166 335

[manager@fvfallscreek.com.au](mailto:manager@fvfallscreek.com.au)

### Bookings

1300 300 709

[bookings@fvfallscreek.com.au](mailto:bookings@fvfallscreek.com.au)

### Web

[www.fvfallscreek.com.au](http://www.fvfallscreek.com.au)



# FRUEAUFVILLAGE

## THE FRUEAUF NAME

Frueauf Village is named after Ore Frueauf, one of the early legends of Falls Creek.

Ore was born in Russia and moved to Germany where he was conscripted to the German Army during the Second World War. He was a POW until 1948 and upon release he migrated to Australia working on hydroelectricity projects in Tasmania, NSW and finally Bogong in the Victorian Alps where he decided to stay and live.

Ore became a pioneer of Falls Creek, building one of the very first accommodation venues called "Snow Haven Lodge" which was located where Frueauf Village sits today.

Snowhaven was actually the second lodge built in Falls Creek for commercial accommodation and Ore was also a partner in Winter Haven the first "general store".

Ore was well known for his generosity, his enduring sense of hospitality to all who came to his door as well as his constant endearing and happy disposition. You may also notice that the home run across from Frueauf Village is named in memory of Ore – Ore's trail - and is a perfect way to end your day- straight to our front door (snow cover permitting).

We hope you enjoy your time at Frueauf Village and hope you find our little part of Falls Creek as memorable as Ore Frueauf was to all who met him.

To pronounce Frueauf as Ore liked it you pronounce it as FREE – OFF not FROO – OFF.



Ore Frueauf

1925 - 1997



1950's Single Chair  
Falls Creek



Snowhaven- Falls Creek



# FRUEAUFVILLAGE

## MOVING AROUND FALLS CREEK

### Walking

Please consider that you are in an alpine environment and the temperature is often below zero. Ice can form in a layer on top of the snow and black ice can form on exposed road and concrete surfaces. This creates a very slippery surface that is difficult to see. We suggest you wear shoes with a sturdy sole and take extra care in the mornings and evenings.

Snow collects on roofs and icicles can form on building over hangs. The snow and ice may fall to the ground at any time. When entering and exiting buildings, always be aware of the potential for falling snow and ice - **LOOK UP!**

Pathways within Frueauf Village are heated and ice should not be an issue.

### Village Shuttle

The Village shuttle service provides FREE transport around the village between the hours of 8.30am and 5.30pm. It operates on the same route around the village. The shuttle passes each stop approximately every 15mins and extra services operate during peak times. The closest stop to Frueauf Village is Schuss St - as you leave the front of Frueauf Village, turn right and wait at the red bus stop sign. This is located between Frueauf Village and Summit Ridge on the Frueauf Village side of the road.

The Village shuttle vehicles have the ability to carry skis and poles.

### Ski-In, Ski-Out

When there is snow through the village and on the home trails, you can ski-in, ski-out.

From Frueauf Village, you can ski down through the village to the Falls Express Chairlift.

From the ski area, head down the home trail to the village and take Ory's Trail which will take you to the front of Frueauf Village.



# FRUEAUFVILLAGE

## HITTING THE SLOPES

### Have you got your snow pass?

The Snow Pass is a fully automated, reloadable RFID access card for all your lift ticket, lesson and equipment hire purchases. Your Snow Pass card is just \$5 and is available from the Falls Creek e-store, where it can be loaded and reloaded with all your snow needs.

You can also purchase your Snow Pass at any Falls Creek Ticket Office or Falls Creek Sports outlet.

Your Snow Pass works at Hotham and Falls Creek, giving you access to two resorts and 775 hectares of terrain.

Your Snow Pass gives you the power to reload your lift pass online, bypass ticket queues and get on the snow faster.

If your Snow Pass is lost or stolen, it can be replaced with a new Snow Pass loaded with everything your Old Snow Pass had on it for only \$5

### Ski Rental

Frueauf Village recommends our preferred rental operator **Central Snowsports** located at Cedarwood in Schuss St, just up the road from Frueauf Village (on the left hand side of the road).

**Central Snowsports** have a great range of quality equipment and offer a free delivery and pick up service to Frueauf Village. All you need to do is to go into the store, get fitted out and they can deliver your equipment to your apartment.

**Central Snowsports** are also happy to pick up your equipment when you depart. For further information please see **Central Snowsports** section in this compendium.



# FRUEAUFVILLAGE

## **YOUR APARTMENT**

### **Breakfast Welcome Pack**

As part of your stay you will receive our complimentary breakfast welcome pack. We have sourced local produce (where possible) for you to enjoy including Milawa corn bread, creamy Myrtleford butter, smoked bacon from Wangaratta & Nightingale apples from Bright.

Please contact Guest Services if you would like to purchase more produce if you run out. (Subject to availability)

### **Children**

Frueauf Village is a family friendly facility and children are welcome. Please let us know if you require a cot or high chair in your apartment - All items are subject to availability.

There is a multitude of things to do and events specifically suited to children. Please check the "what's on guide" or alternatively please contact guest services for recommendations and or suggestions.

A summary of activities is also detailed on page 14 of the compendium.

### **Cleaning**

All apartments are cleaned and serviced at the beginning of each stay. A mid-week clean will be carried out in the middle of stays that are 5 days or longer. Please advise the manager on 03 5758 3476 if you do not wish to have this service.

A midweek clean includes changeover of towels and rubbish. Please leave any towels you would like replaced on the floor in each bathroom.

Upon check out please clean out your fridge, leave rubbish in the apartment for housekeeping to collect. Please ensure all dishes are cleaned or placed in dishwasher and towels are left on floors in bathrooms ready for collection.

### **Drying Room or Cupboard**

Each apartment has a drying room or drying cupboard located near the front entry. Please use this area to store all of your wet gear - jackets, gloves, walking boots and wet clothing. Your gear will be toasty warm when you are ready to step out again.

Your skis and poles or snowboard can be stored in the secure ski/board locker.

Please do not rest or store skis and snowboards against walls inside the apartments.



# FRUEAUFVILLAGE

## Heating

All apartments have in-floor heating. The temperature is controlled by a thermostat and will automatically turn off when the nominated temperature has been reached. We recommend that the thermostat is set to between 15 and 20 degree Celsius. The thermostat is located in the hallway and/or lounge and bedroom areas.

## Hot Tubs

Most apartments have private balconies with hot tubs. Hot tubs are cleaned and serviced at the beginning and the end of your stay. The hot tubs are set on a timer and heat between **10am and 10pm**. The tubs **do not** require intervention; simply press the "ON/PUMP Button to operate the blower pump and slide the grey lever to control the volume of air bubbles.

Make sure you shower before entering the hot tub and wear appropriate swimwear. Please contact the manager should there be any assistance required with the hot tub during your stay.

### PLEASE NOTE:

- Pregnant women and those suffering from heart conditions are advised not to use hot tubs or to seek medical advice before use.
- Please do not take glass or alcohol into the hot tub.
- Children under 12 are to be supervised at all times.
- Covers should be reinstalled once you have finished using the spa to retain heat overnight.

## Rubbish

In the kitchen there is a garbage drawer with two bins, recycling & rubbish. Under the sink there is two types of larger garbage bags, one clear (recycling) and one black (rubbish), please transfer your recycling and or rubbish to the larger bags and call guest services 03 5758 3476 for removal of your rubbish or you can take the bags to the rubbish hut opposite Milch Café & Bar.

The Alpine environment is fragile and we take recycling very seriously. Please help us by sorting wet and dry rubbish into the two bins described above.

When out-and-about, please ensure all rubbish is disposed of properly.



# FRUEAUFVILLAGE

## Television

Your television has been tuned to all available local stations. Mountain and weather conditions do affect reception from time-to-time. Please do not adjust the tuning of your set. Contact guest services if you require assistance.

## Wi-Fi

We have invested in new Wi-Fi infrastructure for faster and more reliable internet connection for your convenience. Please read your welcome letter to find your Wi-Fi username and password. Wi-Fi is available anywhere within Frueauf Village.

## Smoking

Please remember that all of Frueauf Village is a non-smoking facility and we have very sensitive smoke alarms. Smoking anywhere inside the building is strictly forbidden. Any evidence of smoking in apartments will incur significant cleaning fees to remove the residual odour.

## DEPARTURE

Check out is strictly 10:00am. This is to enable the apartment to be prepared for the next guest arrivals.

We provide complementary baggage collection and storage if you want to use your last day to the fullest. Please phone Guest Services in advance to organise collection of your bags from your apartment.

We also have a guest bathroom and shower facilities which are available for use to freshen up before departure from the mountain. Please phone Guest Services to arrange.

For the Accommodation Transfer Service, you are required to book your transfers 24 hours in advance of your departure. This service can be booked out on peak days/times so we recommend you book as early as possible.

Please call 03 5758 1203 to book your preferred time.



# FRUEAUFVILLAGE

## EATING OUT

We are spoilt for choice for excellent dining options, please find below our selected dining options.

**Café Milch & Bar - Phone 03 5758 3407**

Located within Frueauf Village.

**Huski Cafe- Phone 03 5758 3863**

Open daily from 7.30am till late, for breakfast, lunch and dinner.

**Oishii-Go! - Phone 03 5758 3375**

Asian inspired menu, in a hip setting.

**Summit Ridge Restaurant & Lounge Bar - Phone 03 5758 3800**

Fine dining restaurant, Alpine Style Awards Best Restaurant.

**Elk at Falls Restaurant - Phone 03 5758 3211**

Modern Australian cuisine at great prices in an amazing setting.

**The Man Hotel - Phone 03 5758 3362**

Gourmet Pizza and Pub Food

**Falls Creek Hotel - Phone 03 5758 3282**

Open 7 days for lunch, bar open daily from 12 with live entertainment from 3.30 -4.30pm on Tuesdays and Thursdays for the famous "Harvey Hour".

**Winterhaven – 5758 3888**

Indulge your senses at Winterhaven

## Supermarket

Foodworks Supermarket is located in front of Falls Express.

From Slalom Plaza, follow the stairs down and turn left. Foodworks provides a great range of products including a good selection of wine and beer. If you order over \$100 they can deliver to your apartment door.

For deliveries please phone Foodworks direct on 03 5758 3009.



# FRUEAUFVILLAGE

## EMERGENCY PROCEDURES

Please read the Evacuation Procedures located on the back of your apartment door.

Make sure you are familiar with the layout and location of your apartment in case of an emergency.

In the event of a fire call 000 from a landline or 112 from a mobile phone.

### Medical Centre

The Falls Creek Medical Centre is located on the Bogong High Plains Rd, close to the bottom of the Gully Chairlift. You can contact the centre by calling (03) 5758 3238.

The Medical centre is staffed by experienced doctors for general practice consultations and snow sports injuries. X-ray facilities are also available. Patients are seen in order of arrival and medical priority so appointments are not made.

### Opening Hours

The Medical Centre is open every day during the snow season during the below times:

- 10.00am – 12.30pm
- 2.00pm – 5.30pm

During winter a doctor is available at all times for urgent problems. All after hours phone calls are directed to a mobile number; be prepared to write down instructions. An ambulance is available on the mountain (ambulance insurance is recommended for all visitors and mountain staff).

For emergencies dial 000

## EMERGENCY NUMBERS

Ambulance / Fire Brigade / Police	000
Police Station	03 5758 3424
Falls Creek Medical Centre	03 5758 3238
Mt Beauty Hospital	03 5754 3500
Mt Beauty Medical Centre	03 5754 3400
Search & Rescue	03 5758 3213
Ski Patrol	03 5758 3502
SES at Windy Corner	03 5758 3432



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## RESORT INFORMATION AND SERVICES

The following contacts may be of interest during your stay.

Falls Creek Ski Lifts	03 5758 1000
Snowsports School & Kids Centre	03 5758 1070
Cross Country Skiing Information	03 5758 3408
Falls Creek Activities	1800 204 424
Accommodation Transfer Service	03 5758 1203
Falls Creek Coach Service	03 5754 4024
RACV	13 1111
Child Care Centre	03 5758 1244
Resort Management - Information	03 5758 1202

### ATM's

There are 4 ATM's in Falls Creek:

- Foodworks Supermarket
- The Man Hotel
- Frying Pan
- Cloud 9



# FRUEAUFVILLAGE

## VILLAGE ACTIVITIES

### Snow play Park in the heart of the Village Bowl

#### Location

There has never been a better location for an Australian snow play park. Setting up in the middle of the Village Bowl (right next door to the Eagle Chairlift and directly in front of Max's Restaurant), you won't be able to miss it in the #snowplay Park's new home.

Forget driving or catching a bus, simply catch the free Gully Chairlift from the car park and you are right there. The Bowl is also the end point for many of Falls Creek's ski runs, plus hosting the Eagle Chair, Summit Chair and Tube Park lifts.

- \$10 day entry per child\*
- \*Adult free when accompanying child

#### Mini Snowmobiles

A specially designed mini circuit will be used for kids to get the thrill of driving their very own snowmobile in a safe environment. Strict operational procedure and monitoring will be in place for all sessions. Additional costs apply for this activity and (10 min) sessions are expected to be quite popular so guests are advised to book ahead.

#### Full list of Features

**Kids Snowmobiles** - The BEST fun on snow for kids aged 5+ on a specially designed snow circuit at the top of the Gully Chair. \*additional cost of \$25 per 10 minute session applies for this activity.

**Toddler Pull Around Toboggan** - Designed for toddlers 1-3 years old for mum/dad to pull the little ones around on flat surfaces and not slopes. Featuring a secure buckle, and designed to give little ones a safe sensation of sliding on the snow.

**Snow Trampolines** - Designed for kids in mind! Snow castle moulds, igloo moulds, snowman moulds, snowball makers! All available for use in the park to create a masterpiece

**Kids Snow Castle Building** - With specially designed moulds, your kids will be able to make their own snow castle!

**Snowman Building** - We have some specifically designed snow man moulds so your little ones can create their own snowman. Who knows they may even win a prize for their creation!

**Connect 4 Type Large Outdoor Game** - Remember Connect 4? Well we have super-sized it! Challenge your kids today!

**Bean Bag Toss** - Another favourite, can your kids hit the targets? Only one way to find out!

**Snow Painting** - Using harmless food dye, your kids can paint their castles, snowman or other creations they make! With an array of colours, they really stand out on the snow!

**Snowball Shield & Throwing Game** - Remember the Snowball Fight? Well this is a toned down modern version. With specific snowball makers and shield to protect you, who will be the winner?

**Other Cool Stuff** - General Snow play for kids, competition days with prizes and snow Treasure Hunts at scheduled times.



# FRUEAUFVILLAGE

## **Night Shows: Free^**

Falls Creek comes alive in July & August with a spectacular night show featuring skiing demos, retro fashions, Pete the Dragon, synchronised snowmobiles, spinning Kässbohrers and an awesome fireworks display. Thursday nights 8.00 pm for 25 minutes during July and August.

## **Falls Creek Street Party: Free^**

Tuesday night from 4pm - 6pm, Falls Creek Central (near Elk at Falls and Nelse Lodge is party central for kids and adults alike. With fire pits, marshmallows, games, samples and more - it is the BEST place to be to get all the info on what is on this week at Falls Creek. Each week there will be featured businesses, activities and events PLUS a big prize giveaway for a lucky winner.

## **Snocce: Free^**

It's Boccé for the snow. Challenge your family and friends to a game on the groomed Snoccé courts in the Village Bowl. Play in our regular competitions or just for fun. Daily in the Village Bowl.

## **Pete the Dragon Show: Free^**

Falls Creek's celebrity Snow Dragon returns with his own free stage show this season. Check out Pete as he hits the stage in the Village Bowl with loads of fun and games, prizes and activities. Wednesday and Saturday evenings from 5.00 pm in the Village Bowl. Everyone welcome, although most suitable for 3-6 yrs.

## **Night Skiing: \$20 per adult, \$15 per youth 7 \$10 per child\*^#**

Wombats Ramble will light up after dark on Wednesday and Saturday nights allowing skiing and snowboarding adventures to continue after the sun goes down. From 6-9pm.

## **Snow Tubing: \$23 per session^**

Spin, bounce, bump and laugh your way downhill on a snow tube in our purpose built Snow Tube Park. Great fun for the whole family right in the heart of Falls Creek - the Village Bowl. Check daily newsletter for opening hours.

## **Nordic Snow Shoeing: \$25 per person^**

If you can walk you can snowshoe - it's easy & fun! You will be guided through ancient alpine forests and safely beyond the fringes of Falls Creek to explore our winter wonderland. Available Thursdays 2pm – 4pm.

## **Snow bikes: Daytime & evening sessions available from \$40 per session.#**

Falls Creek is the only resort in Australia where you can slide a ski trail on a bike made for the snow. Grab a bunch of friends and have a ball trying to master the art of riding a snow bike. Contact Snowsports School for further information 03 5758 1070

## **Sunset Tours, Grooming Tours & Mount McKay Tours also available^**

Bookings required. Please contact 1800 20 44 24

^ Subject to weather conditions

# RFID Media Card & lift pass required for activity.



# FRUEAUFVILLAGE

## COMPLIMENTARY DVD'S — XBOX CONSOLE & GAMES - BOARD GAMES

We hope you are hitting the slopes and enjoying everything Falls Creek has to offer but we understand sometimes you need to rest the legs and relax in-house.

So we have a DVD library – Board Games & Xbox consoles for your complimentary use.  
(There is a two night maximum on all loans)

If you would like use one of these DVDs or Games please choose from the list below and contact guest services on 03 5758 3476 - Please quote the reference code.

### XBOX Games

GXB1	Sonic & Sega All Stars	Rated G
GXB2	SSX Snowboard	Rated G
GXB3	Kinectimals	Rated G
GXB4	AFL Live	Rated G
GXB5	NBA2K11	Rated G
GXB6	NBA2K13	Rated G
GXB7	Need for Speed - Shift	Rated G
GXB8	Rabbids Alive & Kicking	Rated G
PGXB9	Blazing Angels 2	Rated PG
PGXB10	Dirt3	Rated PG
PGXB11	Kinect Adventures	Rated PG
MXB12	Skate	Rated M
MXB13	Halo4	Rated M
MXB14	Starwars Force Unleached	Rated M
MAXB15	Assissins Creed III	Rated MA
MAXB16	Aliens vs Predator	Rated MA
MAXB17	Red Dead Redemption	Rated MA
MAXB18	Grand Thef Auto IV	Rated MA
MAXB19	Call of Duty Black Ops II	Rated MA
MAXB20	Call of Duty Black Ops II	Rated MA
RXB21	Watch Dogs	Rated R



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- G1. Scooby-Doo and the monster of Mexico G
- G2. Happy feet G
- G3. Spongebob squarepants - tales from the deep G
- G4. The dark crystal G
- G5. Monsters, inc. G
- G6. Stitch the movie G
- G7. Spongebob - Who bob what spongebob pants? G
- G8. SpongeboB - Nautical nonsense and sponge buddies G
- G9. Spongebob squarepants \_ lost at sea G
- G10. The land before time - the great migration
- G11. Walt disney - an extremely Goofe movie G
- G12. Spongebob squarepants - bikini bottom adventures G
- G13. Walt disney - Piglet's Big movie G
- G14. Walt disney - Lilo &stitch G
- G15. Walt disney - lerroy &stitch G
- G16. Scooby-doo creepiest capers G
- G17. Walt disney - the lion king hakuna matata G
- G18. Willy wonka the chocolate factory G
- G19. The cat in the hat G
- G20. Cheaper by the dozen G / In America M 15+
- G21. Walt disney - the emperor's new groove G
- G22. Walt disney - brother bear 2 G
- G23. Surf's up G
- G24. Spongebob squarepants - Karate island G
- G25. Spongebob squarepants - home sweet pineapple G
- G26. Spongebob squarepants - friend or foe G
- G27. Walt disney - around the world with Timon & Pumbaa G
- G28. Walt disney - on a holiday with Timon & Pumbaa G
- G29. The land before time - journey to big water G
- G30. Looney tunes - all stars G
- G31. Scooby-doo's greatest mysteries G
- G32. Justice league - justice on the trial G
- G33. Scooby-doo - on zombie island G
- G34. Superman G
- G35. Garfield2 G
- G36. Lilo & stitch 2 stitch has a glitch G
- G37. Bugs bunny and friends G
- G38. Jetsons the movie G
- G39. Spongebob squarepants - halloween G
- G40. The rug rats movie/rugrats in paris the movie/rug rats go wild G
- G41. The land before time - the wisdom of friends G
- M1 Footloose M
- M2 Jonny mnemonic M
- M3 True lies M
- M4 Die hard M
- M5 Narnia M
- M6 Charlie's angles M
- M7 Charlie's angles M
- M8 Master and commander M
- M9 When harry met sally M
- M10 The bounty hunter M
- MA1 100 girls MA
- MA2 The girl Next door/ there's something about mary MA
- MA3 Thirteen ghosts MA
- R1 Seven R
- R2 The hills have eyes unrated R
- PG1 Superman PG
- PG2 Superman2 PG
- PG3 Doctor who PG
- PG4 Kate & leopold PG
- PG5 Ghostbusters 1 & 2 PG
- PG6 Shrek 2 PG
- PG7 Speed racer PG
- PG8 Batman PG
- PG9 Home alone PG
- PG10. The incredibles PG
- PG11 Narnia PG
- PG12 Alice in wonderland PG
- PG13 Love wrecked PG
- PG14 The pacifier PG
- PG15 Napoleon dynamite PG
- PG16 Harry potter & philosopher's stone PG
- PG17 Jurassic park PG
- PG18 Top gun PG
- PG19 10 things I hate about you PG
- PG20 Mirror mask PG
- PG21 Forever young PG
- PG22 Yours, mine & ours PG
- PG23 Batman PG
- PG24. Ninja turtles PG
- PG25 Glee PG
- PG26 Sinbad PG
- PG27 National treasure PG
- PG28 Eight below PG
- PG29 Antz PG
- PG30 Tarzan PG
- PG31 Batman PG
- PG32 Kung fu panda PG
- PG33 Kung fu panda 2 PG
- PG34 Star Wars PG
- M11 Office space M
- M12 The others M
- M13 New alcatraz M
- M14 Cry-baby M
- M15 Along came polly M
- M16 Daredevil M
- M17 Stormbraker M
- M18 Dungeons & Dragons M
- M19 Wild hogs M
- M20 Spider-man 3 M
- M21 Spider-man 2 M
- M22 mlb/mlb M
- M23 Liar liar M
- M24 Kindergarten cop/ twins/ junior M
- M25 The day after tomorrow M
- M26 Ghost M
- M27 Die hard 2 M
- M28 50 first dates M
- MA4 The departed MA
- MA5 The 40 year old virgin MA
- R3 Feast R
- R4 Human traffic R



# FRUEAUFVILLAGE

## Board Games

- Monopoly
- The Logo Board Game
- Pictionary
- Don't Fall Down
- Who Is It
- Checkers, Chess & Tic – Tac – Toe Pack
- Snakes & Ladders
- Uno Cards
- Playing Cards
- Jumbling Towers (48 wood piece)



# FRUEAUFVILLAGE

## **ALTITUDE PHYSIOTHERAPY & MASSAGE**

Altitude Physio & Massage now operate from within Frueauf Village. Frueauf Village guests are entitled to reduced rates for all treatments.

Enquiries & bookings call 03 5758 3766

### **Physiotherapy Services**

- Injury assessment, diagnosis and treatment
- Professional braces and advice
- Professional sports taping
- Rehabilitation exercise prescription
- Sports specific injury prevention and performance exercise programs
- Mobilisation
- Manipulation
- Dry Needling
- Postural assessment and correction
- Trigger point therapy and acupressure
- Pilates and evidence-based lower back exercise programs
- Soft tissue therapy
- Concussion assessment and return to sport management
- Appropriate referral to medical practitioners/radiology when required
- Worker's Compensation and Motor Vehicle Accident patients welcome

### **Massage Services**

- Remedial Massage Therapy
- Muscle Therapy (Myotherapy)
- Deep tissue therapy
- Sports Massage
- Swedish (relaxation) massage
- Trigger Point Therapy
- Active Release Therapy
- Myofascial release
- Lodge Visits are Available – please call the clinic to enquire.

### **Remedial Massage Prices**

- 30 min - \$79
- 60 min - \$125
- 90 min - \$165

### **Frueauf Guest Prices**

- 30 min - \$70
- 60 min - \$110
- 90 min - \$150