

Massage



The benefits of massage are

- Relaxation
- Stress reduction
- Ease of aches and Pains
- Pain relief
- Anxiety reduction

This treatment involves the manipulation of the soft tissue and muscles to cause a reaction to the body.

Massage is a "hands on" treatment in which a therapist manipulates muscles and other soft tissues of the body to improve health and well being. Varieties of massage range from gentle stroking and kneading of muscles and other soft tissues to deeper manual techniques. Massage has been practised as a healing therapy for centuries in nearly every culture around the world. It helps relieve muscle tension, reduce stress, and evoke feelings of calmness. Although massage affects the body as a whole, it particularly influences the activity of the musculoskeletal, circulatory, lymphatic, and nervous systems.

Duration of therapy - Each session lasts 45-60 minutes

cost of therapy - £35