

NEW STUDIO MASSAGE IN SOUTH NORWOOD (CROYDON)



Location **London, London**
<https://www.freeadsz.co.uk/x-508927-z>



Hi my name is Lydia and I am a massage therapist. I have 3 years experience in this industry. I offer relaxing Swedish massage . I have very flexible working hours and am available 7 days a week. Swedish Massage is the most common and best known type of massage. It is performed with oils using various massage strokes. These movements warm up the muscle tissue, releasing tension and gradually breaking up muscle 'knots' or adhered tissues.

One of the primary goals of the Swedish massage technique is to relax the entire body. Although this type of massage goes beyond relaxation. It is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

Swedish Massage is also used to relieve common symptoms of many types of arthritis: reducing pain and stiffness, easing anxiety, improving range of motion in joints, and promoting more restful sleep.

Experience pure indulgence and remove yourself from the stress and strains of every day life. Whether your desire is stress relief, stimulation or overall relaxation, this treatment will manipulate the tissues all over your body, allowing you to float on air! To make a booking or for any queries Please contact me on 07851872517 078518725...(click to reveal full phone number) Look forward to meeting and relaxing you!

SOUTH NORWOOD LOCATION (just a 10 minute walk from station) Lydia



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