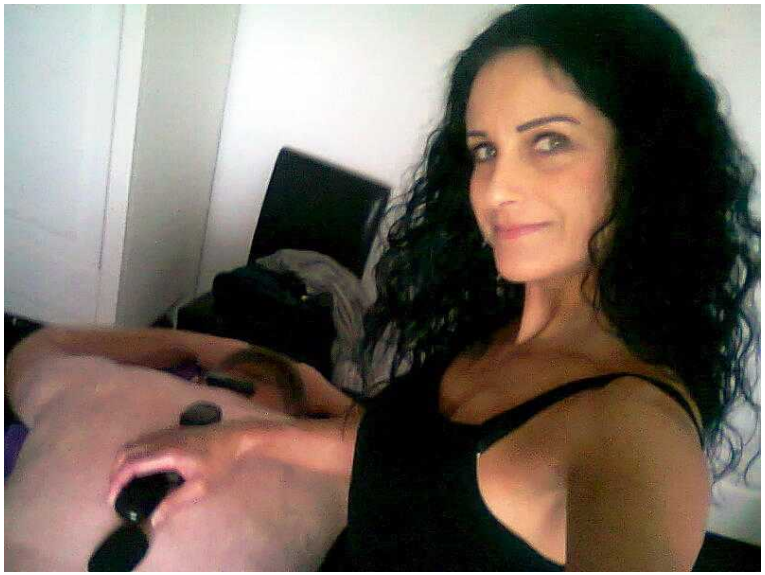
MASSAGE ESSEX WESTCLIFF ON SEA DEEP TISSUE MASSAGE SS0 9UN



Location **East of England, Essex**
https://www.freeadsz.co.uk/x-577079-z

Hi there I am Tina English lady 47 years old professional therapist offering my warm oil Lovely firm massage For male & female clients this is Great for any health problems this is all in the same price a full body hot stone Swedish deep tissue massage -foot massage £50 the hour non sexual service only! How about after your forth massage with me the 5th one will be free x also i am offering my no pain waxing services in a weeks time backs&fronts at the moment only if you would like this then please call to make a booking in advance thank you the wax i use is for sensitive skin x plus i will use numbing cream from the start

How Does It Work? Techniques
While some of the strokes may feel the same as those used in Swedish massage therapy, deep tissue massage isn't the same as having a regular massage with deep pressure.

It's used to break up scar tissue and physically break down muscle "knots" or adhesions (bands of painful, rigid tissue) that can disrupt circulation and cause pain, limited range of motion, and inflammation.

At the beginning of the massage, lighter pressure is generally applied to warm up and prep the muscles. Specific techniques are then applied. The most common techniques include:

Stripping - deep, gliding pressure along the length of the muscle fibers using the elbow, forearm, knuckles, and thumbs

Friction - pressure applied across the grain of a muscle to release adhesions and scar tissue knots

The Benefits of Deep Tissue Massage
Deep tissue massage usually focuses on a specific problem, such as chronic muscle pain, injury rehabilitation, and the following conditions:

Low back pain
Limited mobility
Recovery from injuries (e.g. whiplash, falls)

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Repetitive strain injury, such as carpal tunnel syndrome
Postural problems
Muscle tension in the hamstrings, glutes, IT band, legs, quadriceps, rhomboids, upper back
Osteoarthritis pain
Sciatica
Sports concerns (runners, athletes)
Piriformis syndrome
Tennis elbow
Fibromyalgia
Upper back or neck pain

£50 60min body deep tissue massage
£30 30 min body deep tissue massage
£80 hour half body deep tissue massage
£100 2 hours body deep tissue massage

£50 body Swedish massage
£80 hour half Swedish massage

£60 body Swedish deep tissue hot stone massage including head and feet
£70 body hot stone Swedish deep tissue head-feet foot pedicures

£50 60 mins soft-firm Swedish hot or cold stone massag

Feet pedicures £15 filing the feet smooth & filing toe nails
Hear from 9 am -8pm

Outstanding. I suffer from rheumatoid arthritis and lumbar spinal stenosis. I find that regular massages help with mobility and take the edge off pain for a couple of days; I called Tina because my regular practitioner was away on protracted leave. Without doubt, Tina offers the best massage I've had; the hot stones work. Highly recommended and very