

Deep Tissue Massage in Harley Street London



Location

South East, Surrey

<https://www.freeadsz.co.uk/x-368814-z>



Deep tissue massage is for those whom require a bit more than a general relaxing holistic or Swedish massage. This methods utilises a variety of hands free techniques and trigger point therapy to treat problematic areas within the body. The goal being to release built up tension in both the superficial and underlying muscles, that are often neglected in every day life. Deep tissue massage is an excellent alternative therapy, for those wishing to treat, correct and/or aid the following:

Bad posture, as a result of sitting at an office desk for too long.

Sports Injury

Repetitive strain injury

Osteoarthritis

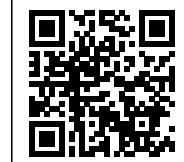
Relive chronic patterns of tension

Breaking down scar tissue underneath the skin, which may result in restricted movement.

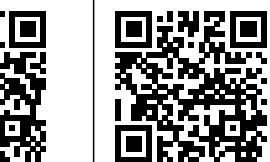
Reduce heart rate and high blood pressure

Fibromyalgia

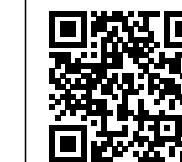
Stress reduction Book your treatment today. Health Centre opened 10:00am until.



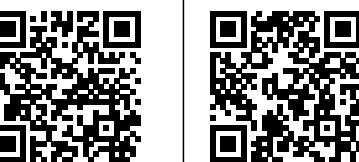
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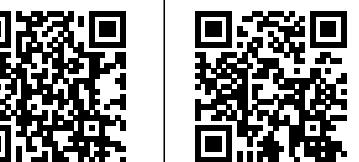
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