

# Deep Tissue Massage (SwedishHolistic)



Location **South West, Hampshire**  
<https://www.freeadsz.co.uk/x-406179-z>

Deep Tissue Body Massage manipulates both superficial and deep layers of muscles and connective tissue, it rebalances both the physical body and the sense of wellbeing. Deep tissue massage is suitable and advantageous for clientele in varied states of health and physical fitness, with a range of builds and lifestyles. Full Body Massage





A conventional massage that is the ideal choice of complementary therapy for people with physical aches and pains, as well as those who are feeling stressed or anxious. This massage is ideal for tension release or if you feel that your everyday life is taking a toll on your health. Most tension when it appears is in the neck and shoulder area however it actually originates from elsewhere in the back and lower torso. Whilst this is a full body massage, it will be tailored to meet individual needs and preferences. Full Body 60 mins £45 Back, Neck and Shoulders Massage

A range of massage techniques focusing on the back, neck and shoulders. Ideal for release of tension, especially if you sit at a computer all day. Back, Neck and Shoulders Massage 40 minutes £35 Leg Reviver

Relief for those that spend most of their working day on their feet. A range of massage techniques focusing on tight calf muscles, quads, hamstrings, the ankles and feet. Massage tailored to meet individual requirements. Leg Reviver 30 minutes £30 To find out more, or to book, call Sandy: Tel: 07927 909782 07927 9097...(click to reveal full phone number)

Email: [click to contact](#)

Website: [athena-holistic-massage-therapies.co.uk](http://athena-holistic-massage-therapies.co.uk)  
[www.facebook.com](http://www.facebook.com)

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