

MASSAGE THERAPY - SportsTherapeuticDeep tissue Massage



Location

London, London

<https://www.freeadsz.co.uk/x-425858-z>



Stressed? Tired? Aching Muscles? Back pain..or just want to relax? Then massage may help you to re-balance body and mind. The main benefit of the massage is boosting your blood circulation which delivers more oxygen to your tissues and flushes toxins away more efficiently. It also helps relieve muscle tension and stiffness; reduces pain and swelling; helps relieve stress and aids relaxation etc. As an experienced physiotherapist I offer body massage, customised to your individual needs to target aches, tension and promote feelings of relaxation and wellness. Treatment time vary from a ten minute foot rub to two hours of full-body indulgence. I only use professional equipment, organic and luxurious massage creams and oils and keep ahead of the latest trends to achieve optimum.

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