

## SPORTS MASSAGE (FEMALE THERAPIST) STRICTLY PROFESSIONAL for gymsports



Location

South East, West Sussex

<https://www.freeadsz.co.uk/x-440784-z>

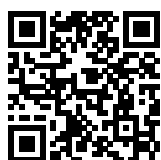
(FEMALE THERAPIST) SPORTS MASSAGE- STRICTLY PROFESSIONAL (80 MINUTES) BRIGHTON

Welcome to Fitness Massage Brighton. A mobile & clinic based strictly professional professional sports massage treatment for avid gym users & sports people alike. I am an energetic, focused individual who is passionate about health and fitness. I train 5-6 days in the gym to keep my mind and body in check. I have regular sports massages myself and can vouch for the amazing benefits. Don't just take my word for it..... book NOW! You do not need to participate in Sports or exercise to benefit from sports massage. I offer a strictly professional Mobile Sports & Deep Tissue Massage treatment in Brighton, East Sussex. I'm happy to travel to Hove, Shoreham, Rottingdean, Saltdean and anywhere nearby. For the Sporting Athletes & avid gym users out there I have 15 Years of professional industry experience. This means you have an expert at hand who has seen, done it and got the t-shirt! Massage needs to be an integral part of your fitness and recovery programme. I personally feel it's a necessity not a luxury. I'll bring my state of the art portable, professional massage table, which holds up to 18 stone in weight. It just folds into my car and then straight to you. I bring plenty of clean, soft towels to cover you throughout plus my massage cream. Anyone with sensitive skin – please tell me before you book and I can find an alternative base oil to use. All clients must wear underwear. Come to Fitness Massage Brighton for your health recovery. Remember, your body is your one vehicle in life. If you're running your own business, it's likely that you are your company's most valuable asset. So treat your body as an asset: maintain, develop and look after it. You and your business will feel better for it! Other physical and psychological benefits include: Help with mental tiredness and tension Improved concentration Relief from mental and emotional stress Fibrous adhesions (knots and nodules) can be broken down Loosening of the scalp (ask me if you would

like your head massaged) Dispersal of toxins from tense, knotted muscles Help in the relief of overstrain  
 Headaches Neck Pain for chronic sleep and stress What are the benefits for?  
 Massage Brighton



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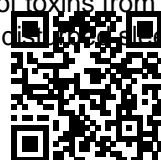
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