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(FEMALE THERAPIST) SPORTS MASSAGE. MOBILE amp HOME BASED. QUALIFIED

Location **South East, West Sussex**
https://www.freeadsz.co.uk/x-446472-z

(FEMALE THERAPIST) SPORTS MASSAGE- STRICTLY PROFESSIONAL-80 MINUTES- BRIGHTON NO SALES/MARKETING CALLS Welcome to Fitness Massage Brighton. A mobile & home based strictly 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 & clinic based Sports & Deep Tissue Massage treatment in Brighton, East Sussex. I am happy to travel to Hove, Shoreham, Rottingdean, Saltdean and anywhere nearby. Please note; I only travel to these local areas. 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! I am insured, qualified & experienced. Sports Massage needs to be an integral part of your fitness and recovery programme. I personally feel it's a necessity not a luxury. Bookings are accepted from Monday to Sunday between 9am & 7pm only . I offer a professional treatment to men and Women without discrimination. All clients must wear underwear . 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 massage cream. Anyone with sensitive skin or allergies – please tell me before you book and I can find an alternative base oil to use. £45- Visit me BN1. 80 minute: back neck, shoulders, hands and head £49- I come to you. 80 minute full body massage 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. Treat your body as an asset: maintain, develop and look after it. Your and your business will benefit. Physical and psychological benefits of massage include: Relaxation, mental tiredness and tension, improved concentration, relief from mental and emotional stress, Improved tension's (knots and nodules) are broken down, easing of the tissues. Ask me if you'd like a deep tissue massage and dispersal of toxins from tense muscles. Help with relief of muscle pain and tension headaches Excellent for disturbed sleep and insomnia What are you waiting for? Book NOW! Please call the number advertised. Unfortunately, texts are not responded to. Fitness Massage Brighton

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