

Sports Massage



Location

South West, Hampshire

<https://www.freeadsz.co.uk/x-466854-z>



Sports Massage is a form of massage involving the manipulation of soft tissue to benefit a person engaged in regular physical activity (not just sports). Soft tissue is connective tissue that has not hardened into bone and cartilage. This includes skin, muscles, tendons, ligaments and fascia (a form of connective tissue that lines and unsheathes the other soft tissues). Sports massage is not limited to athletes. It is appropriate for anyone who is in need remedial or soft tissue work irrespective of age, level of fitness or gender. The remedial effects of sports massage can be beneficial in the postsurgical setting, as an addition to physiotherapy, osteopathy or chiropractic and rehabilitative therapy. It can benefit those with physically demanding work or those in an office environment.

Initial consultation takes approximately 1.5 hours and includes full assessment and at least half hour massage £40 Subsequent treatments £40 an hour 4 treatments (fortnightly, 3 weekly or monthly) £150 (you save £10)

50% of total is payable when booking 4 treatments (over consecutive weeks) £140 (you save £20) payable when booking

To find out more, or to book, call Sandy: Tel: 07927 909782

Email:

Website: athena-holistic-massage-therapies.co



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