

## **Swedish Massage**



Location **South West, Hampshire** https://www.freeadsz.co.uk/x-466855-z



Swedish Massage is a mixture of western and eastern techniques and forms the basis for most other massage techniques. Swedish massage encourages a deep relaxation in the mind and body and can improve your quality of sleep, increase your sense of wellbeing, your concentration and your energy levels. The power of touch can reduce anxiety and stress. 30 minutes £30, 60 minutes £40, 90 minutes £55 To find out more, or to book, call Sandy: Tel: 07927 909782 Email: [email protected] Website: athenaholistic-massage-therapies.co

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