Professional Sports Massage Therapy Services



Location South East, Kent

https://www.freeadsz.co.uk/x-472731-z

Kent & Sussex Healthcare Excellence in Sports & Remedial Massage! Covering the south east of England.



^{***}PAY FOR 3 SESSIONS AND BOOK 4

Sports and Remedial Massage is one of the most effective therapies for managing injuries, maintaining wellness, and reducing tension in muscles. Received regularly, this can help athletes avoid discomfort caused by trauma, poor technique, or simply overuse. Massage therapies can help reduce the risk of injuries and speed up the healing process.

Massage can be excellent for many conditions such as asthma, muscle damage, neck and back pain (including whiplash), sciatica, many sports injuries, joint pain and muscle spasm, menstrual cramps, migraines, or even just for relaxation, and stress reduction.

We offer initial sessions at £45





^{***}LOYALTY CARDS AVAILABLE FOR EVERY 5 PAID SESSIONS YOU EARN ONE FREE 30 MINUTE **SESSION**

Advanced First Aid Trained

Other available therapies:

Sports Massage. Soft or Deep Tissue Massage, Muscle Energy Techniques, Soft Tissue Release, Trigger Pointing, Flexibility and mobility massage, and more...

Fees:

Initial Appointment (60 mins) £45 45 min Appointment £35 30 min Appointment £25 15 min Pre/Post Event Massage £15 (Event Locations Only)

Range of limb and joint braces, and Ice/heat Packs available through the clinic

Further information

we also offer first aid training and event medical cover.

Important information

If you have been diagnosed with or suspect you may have a pre-existing medical condition you should consult your GP for advice, diagnosis and treatment and always inform your health professional before starting any alternative or additional therapies, treatments or making any major changes in your diet or exercise programme.

Applications for treatment and voucher purchases need to submitted via the.