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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.