

Massage



Location **Scotland, Fife**
<https://www.freeadsz.co.uk/x-478566-z>

Full body massage for men or women from fully qualified, fully-insured, mature, female practitioner. Full member of the Guild of Holistic Therapists.

Any preferred medium used, but usually hot oil. £30 for 60 minutes, £15 for 30 minutes, back and shoulders etc. Options are deep tissue or just a relaxing massage or a mixture of both.

Open Sunday, Monday, Tuesday, Wednesday, Friday and Saturday from 1000-2030 - closed Thursday but can still be contacted for appointments and enquiries. Text 07706766103 for appointments, give details of your preferred appointment time and I will reply within the hour, or certainly the same day confirming your appointment or offering another time.

Please give your email address if you require information about any aspect of the service provided and I will respond by email.

Home based-business, with friendly, intelligent, educated, professional, competent, confident, mature therapist. Very quiet, cosy, peaceful therapy room, without the noise, confusion and rush of a busy salon service.

Discreet, confidential, respectful service assured at all times. You will be met by the therapist at your assigned, appointment time and under her constant supervision continually for the allotted time.



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Massage is manipulation of the body's muscle tissue. It was once considered to be a luxury in which the wealthy indulged themselves. It is however probably, in my opinion, a necessary and more beneficial for numerous conditions and comes before many pharmaceutical remedies.

Massage lowers levels of cortisol, which is a hormone released in response to stress. Cortisol releases blood sugar to help us cope with the fight or flight response to stress. If this sugar not used due to sedentary lifestyles, then this accumulates primarily as abdominal fat. We tense the muscles in our

shoulders often without realising we are doing this and also strain muscles sitting for hours in the same position. This tension deprives our muscles of oxygen and most of us do not exercise enough.

People experience anxiety and mild depression and often the only treatments are prescribed drugs. Anxieties make our muscles tense and medication and often more importantly side effects can make matters much worse. Constant mental and physical tension can cause severe pain and can be alleviated by massage.

Persistent tension can restrict blood circulation and nutrient supplies to the body's organs and tissues. The fascia that envelops the muscles becomes increasingly dense and negatively affects posture and breathing. The experience of low-grade, habitual tension can contribute to chronic hormonal, biochemical and neurological problems of all kinds. Massage interrupts such stress-inducing patterns, and helps nudge the body back into a natural state of balance.

Does anyone really need to explain the benefits of touch? Touch is relaxing and can make us both as adults and babies: happy, relaxed, less stressed, consoled, confident and content. Many people are lonely and even people who are in relationships do not touch very often.

Also, for obvious reasons massage is almost essential for completely healthy people who engage in sports. There are very few sportswomen and men who do not use massage as part of their regime. In fact exercising without warming up the muscles is inadvisable. Massage is also popular as part of a good grooming routine as its use supports a cared-for attractive appearance.

Very few people would not benefit from a good massage. It relaxes, aids sleep, makes us healthier, makes us look healthier, relieves stress, makes us feel more cared for, makes us happier, less tense, less lonely etc., etc., etc. – what's not to?