

Reflexology And Massage



Location West Midlands, West Midlands

https://www.freeadsz.co.uk/x-504786-z

I am a medically trained Masseuse and Reflexologist providing therapy for Women & Men Massage involves working and acting on the body with pressure – structured, unstructured, stationary, or moving. Depending on the application and technique used, massage is used to promote relaxation and well-being and other problems affecting the musculature of the body such as postural misalignment and many painful conditions such as Back, Neck, Shoulders, Legs etc.

Massage therapy is the manipulation of soft tissues of the body including, muscles, connective tissues, tendons, ligaments and joints. Massage Therapy is a clinically-oriented healthcare option that helps alleviate the discomfort associated with everyday and occupational stresses, muscular over-use and many chronic pain conditions.

People use massage for a variety of health-related purposes, including relieving pain, reducing stress, increase relaxation, address anxiety and depression, and aid general wellness.

I offer Mobile and home based Massage and Reflexology Therapy in and around Wolverhampton. Over 15 years of experience.

I offer: Classic Massage including Indian Head Massage along with Reflexology as a Non Sexual and have a strict policy on professionalism.

60 min £ 30 90 min £ 40 2 hr. £ 50

Reflexology Sessions 60 min £ 25

My working hours Monday -- Friday from 10.00 am -- 6.00 pm

