

ESSEX WESTCLIFF ON SEA SS0 FULL BODY HOTSTONE SWEDISH FIRM MASSAGE



Location **East of England, Essex**
<https://www.freeadsz.co.uk/x-523138-z>

here I am Tina 47 years old professional therapist offering my warm oil Lovely firm massage For male & female clients this is Great for any health problems this is all in the same price a full body hot stone Swedish deep tissue massage -foot massage £50 the hour non sexual service only! CAN COME TO YOU ONLY IF YOU LIVE VERY NEAR BY? CHALKWALL PARK WESTCLIFF ON SEA SS0 9UN

How Does It Work? Techniques

While some of the strokes may feel the same as those used in Swedish massage therapy, deep tissue massage isn't the same as having a regular massage with deep pressure.

It's used to break up scar tissue and physically break down muscle "knots" or adhesions (bands of painful, rigid tissue) that can disrupt circulation and cause pain, limited range of motion, and inflammation.

At the beginning of the massage, lighter pressure is generally applied to warm up and prep the muscles. Specific techniques are then applied. The most common techniques include:

Stripping - deep, gliding pressure along the length of the muscle fibers using the elbow, forearm, knuckles, and thumbs

Friction - pressure applied across the grain of a muscle to release adhesions and realign tissue fibers

Deep tissue massage focuses on chronic muscle tension, injury, and the following conditions:

Low back pain
 Limited mobility
 Recovery from injuries e.g. whiplash, falls
 Repetitive strain injury, such as carpal tunnel syndrome
 Postural problems
 Muscle tension in the hamstrings, glutes, IT band, legs, quadriceps, rhomboids, upper back



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Osteoarthritis pain
Sciatica
Sports concerns (runners, athletes)
Piriformis syndrome
Tennis elbow
Fibromyalgia
Upper back or neck pain

£50 60min full body deep tissue massage
£30 30 min full body deep tissue massage
£80 hour half full body deep tissue massage
£100 2 hours full body deep tissue massage

£50 full body Swedish massage
£80 hour half Swedish massage

£60 Full body Swedish deep tissue hot stone massage including head and feet
£70 Full body hot stone Swedish deep tissue head-feet foot pedicures

£50 60 mins soft-firm full body Swedish hot or cold stone massage

Feet pedicures £15 filing the feet smooth & filing toe nails
Hear from 9 am -8 pm

Outstanding. I suffer from rheumatoid arthritis and lumbar spinal stenosis. I find that regular massages help with mobility and take the edge off pain for a couple of days; I called Tina because my regular practitioner was away on protracted leave. Without doubt, Tina offers the best massage I've had; the hot stones work. Highly recommended and very