
Repetitive strain injury, such as carpal tunnel syndrome
Postural problems
Muscle tension in the hamstrings, glutes, IT band, legs, quadriceps, rhomboids, upper back
Osteoarthritis pain
Sciatica
Sports concerns (runners, athletes)
Piriformis syndrome
Tennis elbow
Fibromyalgia
Upper back or neck pain

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

£50 body Swedish massage
£80 hour half Swedish massage

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

£50 60 mins soft-firm Swedish hot or cold stone massag

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

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