

Essex body deep tissue massagehot stones exfoliating rub down massage in ss09u



Deep Tissue Massage

Location

East of England, Essex

<https://www.freeadsz.co.uk/x-545686-z>

Hi there 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! Hi there 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 body hot stone Swedish deep tissue massage -foot massage £50 the hour non sexual service only!

Also i offer exfoliating massage rub down free with you body massage please just ask when you call me please no texting or withheld numbers

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

The Benefits of Deep Tissue Massage

Deep tissue massage usually focuses on a specific problem, such as chronic muscle pain, injury rehabilitation, and the removal of adhesions.

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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, shoulder blades, neck, and head.

Osteoarthritis pain

Sports massage concerns (runners, athletes)

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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 professional

RichardB-406 12 Mar 2017

Excellent professional massage

Report Review I have been suffering from shoulder pain for a while. I went to see Tina for the 1st time and, almost immediately, I can feel a great improvement in mobility and am pain-free for the 1st time in a long while. The mix of hot stones, warm oil and powerful massage strokes is fantastic.

A very friendly environment, easy to find and good value. I will return.

Steve Gleno

Thank you Tina for a really enjoyable and relaxing massage, most therapeutic, look forward to seeing you again soon

Just want to say thank you to Tina for an amazing massage as I had pain in my shoulder that went up to my neck and down my arm, Tina located the problem and I'm now pain free. I would highly recommend a massage from Tina for anyone in pain or just in need of a relaxing massage. Thanks again Tina.

Kevin...

Rebecca Garside

This is amazing had a foot massage done, it felt like heaven!

john Jan 23, 2017

I can highly recommend Tina's massage to anyone who

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