

# Massages for achsamppains and Stress Relief. in westcliff on sea essex ss0 9un



Location **East of England, Essex**  
<https://www.freeadsz.co.uk/x-553744-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!

## 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

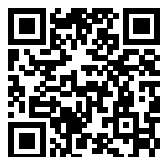
Deep tissue massage focuses on chronic muscle tension, injury, and the following conditions:

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 hands, wrists, glutes, IT band, legs, quadriceps, trapezioids, upper back  
 Osteoarthritis pain



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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 -9 pm  
Hear are a few reviews clients have left me

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.

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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