

## Swedish relaxation massage-t 30h



Location **East of England, Cambridgeshire**  
<https://www.freeadsz.co.uk/x-566677-z>

Swedish body massage, Deep tissue massage,  
Thai feet, shoulder, face and scalp massage by male masseur.  
Promotions in November: buy 1 get 1 for free!!

Text us on:

078-37972438

Available 16:00-22:00

## Swedish Body Massage

In Swedish body massage a therapist will use a carrier oil such as grape seed oil to lubricate your skin. The oil is applied onto the skin and then the therapist uses various techniques to warm up the muscle tissue.

The aim of the massage is to warm and stretch the muscle tissue so that toxins are drained away and fresh blood flows into the muscles.

## Benefits of a Swedish body massage

Body massage has been found to release positive endorphins in the brain creating a feeling of wellbeing and positivity

Massage has also been found to reduce blood pressure and promote general relaxation

Swedish body massage can improve the condition of muscle tissue and reduce aches and pains

This treatment also improves the circulation and can help to reduce levels of stress hormones

Swedish body massage – like most forms of massage, is a good way to manage stress. The massage promotes relaxation but also helps to disperse the stress hormones released into your system when you



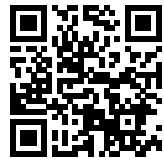
Swedish relaxation massage-t  
30h



Swedish relaxation massage-t  
30h



Swedish relaxation massage-t  
30h

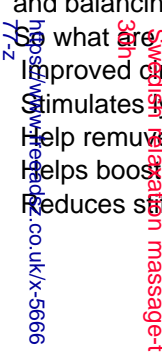


Swedish relaxation massage-t  
30h

are in stressful situations.



Each foot massage point stimulates the points used to improve circulation and reflexology. As you sit back and let go of tensions, the footbeds work behind each foot with her hands and the footbeds that foot was designed for. This is a safe way to apply pressure to specific points to achieve healing and balancing throughout the body.



3rd Swedish Massage

- What prevents?
- Improved circulation
- Stimulates lymph
- Help remove toxins
- Helps boost immunity
- Reduces stiffness

<http://www.therapist.co.uk/x-5666>



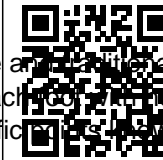
benefits of a Thai  
rior in legs  
drainage  
kin  
immune system  
and improve



Swedish relaxation massage-t  
30h  
not Massage?  
<https://www.freeadly.co.uk/x-5666>  
702Z  
billy



30h  
Swedish relaxation massage-t  
<https://www.freeadsz.co.uk/x-5666>  
77-z



Swedish relaxation massage-t  
30h  
<https://www.freeadsz.co.uk/x-566677-z>



Swedish relaxation massage-t  
30h  
<https://www.freedadsz.co.uk/x-5666>  
77-z

---

Detoxification of immune system  
Accelerated physical healing  
Stress relief

Improved sleep  
Stimulation of the