

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

are in stressful situations.					
<p>For the message to be such stimulating points used to reduce stress and pressure and to work reflexology, you should stand and let go of tensions, the therapy works here by massaging each foot with your hands and then with your foot massage stick. This is used to apply pressure specifically in order to act on the organs and balancing throughout the body.</p>					

Swedish	Swedish	Swedish
3h	3h	3h
7-7-2	7-7-2	7-7-2
https://www.freedownload	https://www.freedownload	https://www.freedownload
5	5	5
What are the benefits of a Thai foot massage?	What are the benefits of a Thai foot massage?	What are the benefits of a Thai foot massage?
Improved circulation in legs	Improved circulation in legs	Improved circulation in legs
Stimulates lymphatic drainage	Stimulates lymphatic drainage	Stimulates lymphatic drainage
Help removes toxins	Help removes toxins	Help removes toxins
Helps boost the immune system	Helps boost the immune system	Helps boost the immune system
Reduces stiffness and improves flexibility	Reduces stiffness and improves flexibility	Reduces stiffness and improves flexibility



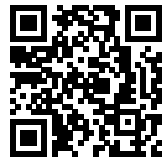
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Detoxification of immune system
Accelerated physical healing
Stress relief

Improved sleep
Stimulation of the