

Sports massage (STRICTLY PROFESSIONAL) Postural, gym or exercise pain amp dis



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-567439-z>



Do you train at the gym? Are you in competitive sports? Is your lack of mobility or flexibility preventing you achieving your gym and sports goals?

PROFESSIONAL SPORTS MASSAGE AND DEEP TISSUE MASSAGE

Welcome to Fitness Massage Brighton

Your privacy is respected at all times. I am a female therapist who loves my health and fitness. I train regularly at the gym and receive regular sports massages myself, so know first hand how beneficial these are. I have been qualified for 16 years and in this time, have massaged Mothers, individuals with poor posture (office workers, taxi drivers etc), ladies with PMT, sports teams and gym users. You do not have to exercise to receive a treatment from me.

Professional treatments at my home studio near Preston Park
 30 minutes: £35 _____ Back, neck and shoulders or legs
 60 minutes: £55 _____

I am available between 8am and 8pm

Professional treatments at your home (must be local to Brighton please)
 30 minutes: Not offered

60 minutes: £65

It is very clear that this is a strictly professional treatment, not a cover-up for anything else. You will keep your modesty on. The therapist will like to take an initial assessment to the overall health and fitness of the client, and then provide a service.

If you are serious about improving your performance at the gym (or chosen sport), kindly email me with your phone number, and preferred time/date of sports massage.

Same day treatments can be accepted. Cheaper isn't always better.

Absolutely do not contact me for any sexual or 'other' services OR anything other than to book a sports massage. Thank you.



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I look forward to hearing from you.

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