

# 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

Be safe, clear, honest, strictly professional treatment. I am covered by insurance through my club. I will keep you in the loop. The reason I like contact by email initially is to the over the phone and to be able to ask for the service.

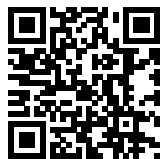
If you are serious about improving your performance at the gym (or chosen sport), kindly email me with your phone number, and preferred time/date of sports massage.

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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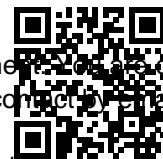
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I look forward to hearing from you.

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