

# Therapeutic Massage



[www.rootsmanoeuvre.co.uk](http://www.rootsmanoeuvre.co.uk)



Location

**South East, Middlesex**

<https://www.freeadsz.co.uk/x-573452-z>

I provide therapeutic massage. I offer a mobile massage service which means I provide massage at your home. As massage is so relaxing, why then disrupt the relaxation by having to drive or go by public transport home. Alternatively, you can book a cab but why pay for this expense.

I provide my mobile massage service in the borough of Wandsworth. Also, Wimbledon, Fulham and Chelsea.

Massage is beneficial in the following ways:

It improves the circulatory system.

It improves the lymphatic system.

It boosts the immune system.

It eliminates aches and pains.

It helps to remove toxins from the body.

It reduces Anxiety and Depression.

A poor circulation leads to sensitivity to cold which can cause aches and pains. A sluggish lymphatic system can result in Oedema which is a condition which causes the feet, ankles and legs to swell; this occurs because the lymphatic system is not functioning properly to drain excess fluid. A weak immune system leads to a susceptibility to illness. Massage eliminates aches and pains which can arise owing to stiff joints and/or inflammation. The removal of toxins from the body will help to prevent disease and illness. Anxiety and Depression are greatly reduced because massage promotes a feeling of well-being.



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