

# Swedish and Deep Massage Therapist



Benbecula Freedive and Fitness

www.freedive-uk.com

**Swedish & Deep**

**Massage Available Here!**



**Message Therapists in Inverness Loch Ness & Nairn**

[Please see website for full details & reviews!](#)

Full Body 1 hour	£32
Full Body 1.5 hours	£37
Full Body 2 hours	£47
Back and Shoulders 45 mins	£28
Legs 50 mins	£29

01870 603324  
07950 251620  
freedive-uk.com

Location **Scotland, Ross-Shire**  
<https://www.freeadsz.co.uk/x-579736-z>

Hi there,

I'm Tom Rossi, owner of 'Benbecula Freedive and Fitness' based in the Outer Hebrides. I offer my 'Swedish & Deep' massage service in Inverness.

At present, I split my week between Inverness and Benbecula. So if you'd like to book me then I'm available from Thursday late afternoon through to Sunday morning.

I've got heaps of reviews on my website: [www.freedive-uk.com](http://www.freedive-uk.com)

I offer lots of choice for the area you'd like massaged with great time periods with Full Body ranging from 1 hour through to 3 hours! (3hr timings viewable below) I recommend either the 1.5 or 2 hours.

I look forward to meeting you, please contact me for any further details or to book.

[www.freedive-uk.com](http://www.freedive-uk.com)

click to contact

01870 603324 01870 6033...(click to reveal full phone number) (landline)

07950 251620 07950 2516...(click to reveal full phone number) (mobile - signal poor within Outer Hebrides!)

## 3 HOUR FULL BODY MASSAGE - BREAK DOWN OF TIMINGS!!

In addition to my standard times, I also offer my 3 hour Full Body massage.

It's recommended that you have had either the 1.5 or 2 hour previously to ensure you'll be suitable for this increased length and that you enjoy massage!

(or you have experienced this length of time elsewhere)

## TIMINGS AND SEQUENCE AS FOLLOWS:

Neck and Shoulders: 10 mins  
 Front of right leg and back of left and back of right: 20 mins  
 Back of right leg and front of left: 20 mins  
 Front of shoulders, front of hands: 10 mins  
 Abs (men or woman) or Chest (men): 10 mins

Front of right leg: 20 mins  
 Front of left leg: 20 mins  
 Face and Head: 10 mins

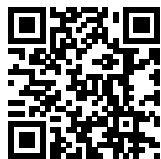
With nourishing Grapeseed, Apricot Kernel or Sweet Almond oil.

If this sounds good to you then the price is £83 with refreshments and an interval provided if.



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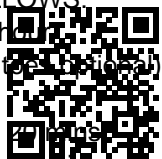
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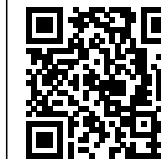
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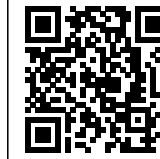
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