

# Relaxing Massage



Location

**South West, Hampshire**

<https://www.freeadsz.co.uk/x-585332-z>



I am a qualified massage therapist and offer a range of massage therapies for both men and women, in varied states of health and physical fitness, with a range of builds and lifestyles.

Massage has many benefits, as well as relieving muscle tension and soreness, it can improve circulation, encourages a deep relaxation in the mind and body, can improve your quality of sleep, increase your sense of wellbeing, your concentration and your energy levels.

The power of touch can reduce anxiety and stress.

Each massage is tailored to meet individual needs and preferences, with a choice of scented or unscented oils.

My hours are flexible; I can work daytime, evenings and weekends to fit around your work and home commitments.

For a full list of therapies/prices or to book an appointment, visit website or contact Sandy:

Tel: 07927 909782 07927 9097...(click to reveal full phone number)

Email: [click to contact](#)

Website: [atathena.co.uk](http://atathena.co.uk)



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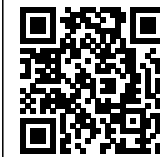
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