

## Pure Relaxation Massage



## Location

## East Midlands, Northamptonshire

<https://www.freeadsz.co.uk/x-586834-z>



Pure Relaxation provides deep stress relief massage for men, women & couples to help relax and detox from day to day stress. Get in touch with its many benefits. Massage can be a powerful tool to help you take charge of your health and well-being.

Lenka is an independent massage therapist, helping others who help themselves. I don't work in a busy salon doing back-to-back treatments as I prefer to take time to treat each client as an individual. My massage style has been described as a cross between deep tissue and Swedish massage - I combine techniques to help induce a state of slumber whilst also manipulating out stored tensions. I believe a good massage should leave you feeling freer in tight areas whilst also having 'switched gear' to a peaceful, more content state which offers long-lasting benefits. Qualified therapist to help in the following areas:

1. Anxiety
2. Digestive disorders
3. Fibromyalgia
4. Headaches
5. Insomnia related to stress
6. Myofascial pain syndrome
7. Soft tissue strains or injuries
8. Sports injuries
9. Temporomandibular joint pain

Massage is a general term for pressing, rubbing and manipulating your skin, muscles, tendons and ligaments. Massage may range from light stroking to deep pressure. There are many different types of

message, this is a gentle form of massage that uses long strokes, kneading, deep circular movements, vibration and tapping to help relax and relieve you.

<https://www.woodton.com/relaxation>



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