

# Holistic Massage in Bristol



Location

**South West, Avon**

<https://www.freeadsz.co.uk/x-587091-z>

I am a fully qualified professional massage therapist with over 22 years experience.

Holistic massage is also known as Swedish or Therapeutic massage. It helps with a wide range of physical and emotional issues, including pain, muscular tension, joint stiffness, fatigue, headaches, stress related issues, digestive disorders, emotional difficulties, anxiety, depression, insomnia, injuries and helps with rehabilitation after surgery.

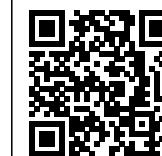
Massage lifts your physical and emotional well being and feels great to receive. It can be very deeply relaxing, rejuvenating and restorative.

I qualified in Therapeutic massage in 1994 (APNT); Sports massage 1996 (FSMT), Aromatherapy 1996 (Dip.ISA) and Health Sciences: Complementary Therapies (BSc. Hons) 2002, and Thai Massage 2013(Dip.Bodywisdom).

I am experienced working both sensitively and at deep-tissue level, depending on your needs.

I have a wide range of clients from all walks of life.

Sessions take place in a peaceful, warm massage studio situated in Bishopston, Bristol BS7. Appointments are available from Mondays to Fridays: 9:00 am to 9:00 pm.



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