
Sciatica
Sports concerns (runners, athletes)
Piriformis syndrome
Tennis elbow
Fibromyalgia
Upper back or neck pain

£50 60 min full body deep tissue massage
£30 30 min full body deep tissue massage
£80 hour half full body deep tissue massage
£100 2 hours full body deep tissue massage

£50 full body Swedish massage
£80 hour half Swedish massage
£70 full body hot stone Swedish massage with a body exfoliating rub down
£60 Full body Swedish deep tissue hot stone massage including head and feet
£70 Full body hot stone Swedish deep tissue head-feet foot pedicures

£50 60 mins soft-firm body Swedish hot or cold stone massage

Feet pedicures £20 filing the feet smooth & filing toe nails
Hear from 9.30 am -8 pm

Hear are a few reviews clients have left me

Outstanding. I suffer from rheumatoid arthritis and lumbar spinal stenosis. I find that regular massages help with mobility and take the edge off pain for a couple of days; I called Tina because my regular practitioner was away on protracted leave. Without doubt, Tina offers the best massage I've had; the hot stones work. Highly recommended and very professional

RichardB-406 12 Mar 2017
Excellent professional massage
Report Review I have been suffering from shoulder pain for a while. I went to see Tina for the 1st time and, almost immediately, I can feel a great improvement in mobility and am pain-free for the 1st time in a long while. The mix of hot stones, warm oil and powerful massage strokes is fantastic.

A very friendly environment, easy to find and good value. I will return.

Steve Gleno

Thank you Tina for a really enjoyable and relaxing massage, most therapeutic, look forward to seeing you again soon

Just want to say thank you to Tina for an amazing massage as I had pain in my shoulder that went up to my neck and down my arm, Tina located the problem and I'm now pain free. I would highly recommend a massage from Tina for anyone in pain or just in need of a relaxing massage. Thanks again Tina. Kevin...

Rebecca Garside

This is amazing had a foot massage done, it felt like heaven!

john Jan 23, 2017

I can highly recommend Tina's massage to