

REHABILITATING SPORTS MASSAGE

Targeted therapeutic treatment aimed at breaking down muscular tension and remodelling scar tissue. Great for improving range of movement, circulation, eliminating toxins and aiding recovery from injury.

AVAILABLE TIMES
25 mins | 55 mins

PRICE
£25 | £50

PRE-EVENT SPORTS MASSAGE

A short, stimulating massage, recommended before the event. It is directed toward the parts of the body that will be involved in the exertion.

AVAILABLE TIMES
20 mins

PRICE
£15

POST-EVENT SPORTS MASSAGE

Usually given within an hour or two post event, to normalise the body's tissues. Can be delivered within 24 hours.

AVAILABLE TIMES
25 mins | 55 mins

PRICE
£25 | £50

RESTORATIVE SPORTS MASSAGE

Given during training to allow the athlete to train harder and with less injury.

AVAILABLE TIMES
25 mins | 55 mins

PRICE
£25 | £50

RELAXING SWEDISH MASSAGE

An ideal treatment if you need to beat stress and relax. It treats the whole body, concentrating on any areas of tension. A soothing, gentle, slow massage recommended for sufferers of insomnia, tension headaches and anyone that just wants to beat the stresses of daily living.

AVAILABLE TIMES
40 mins | 55 mins

PRICE
£40 | £50

DEEP TISSUE MASSAGE

A deep, slow and rhythmic massage that aims at working into the deepest levels of the fascia; using firm strokes and direct pressure to work into knots. Releasing toxins and lactic acid build up in tired muscles, ligaments and tendons, great for if you suffer from stiff neck, back pain or tight calves.

AVAILABLE TIMES
25 mins | 55 mins

PRICE
£25 | £50

AROMATHERAPY MASSAGE

A relaxing massage that uses essential oils derived from flowers and plants to enhance wellbeing. Whether you want to feel energised, uplifted, soothed or relaxed, or even balance your hormones. A combination of oils will be chosen depending on benefits and client preference to deliver a unique experience tailor made to each client.

AVAILABLE TIMES
55 mins | 85 mins

PRICE
£50 | £80

MANUAL LYMPHATIC DRAINAGE

The lymphatic system is an important part of the body's immune defence against infection and disease, regular exercise and manual massage helps to keep the system healthy unlike the circulatory system it doesn't have its own pump to help in detoxification. A very slow, deliberate and rhythmic massage which helps to reducing joint pain and inflammation and immunity boosting, great for kick starting a detox programme! Lymphatic drainage is very subtle rather than knot busting, so it isn't for everyone.

AVAILABLE TIMES
25 mins | 55 mins

PRICE
£25 | £50

HOLISTIC FACIAL

Suitable for anyone wishing to completely relax and switch off. The facial will refresh and revitalise skin, leaving them feeling completely rejuvenated.

AVAILABLE TIMES
55 mins

PRICE
£50

All of the treatments provided should warm and relax the muscles, ease muscle separation from connective tissue, and improve soft tissue elasticity, permeability and fluid circulation. It may assist in recovery from exertion, improve flexibility and increase joint range of motion, improve soft tissue healing, aid in longer term pain reduction, increase energy levels, mental alertness and general sense of well-being, and should therefore provide you with decreased injury potential and optimised performance.

All persons; sporting and non-sporting can receive any form of massage. Certain Contra-indications may be relevant and would be assessed with each individual massage and client.