

PRICES

45 mins £38

30 mins £32



TESTIMONIAL

Hannah made me feel relaxed and comfortable. She explained what she was going to do and asked questions about my health, my concerns I might have and if there was anywhere in particular I wanted working on.

As asked she worked on my mid back and shoulder blades where I was experiencing pain and discomfort. And then my upper arms in relation to chronic pain in my elbow. She asked if the pressure was OK. She worked on the problem areas until I felt OK to move on. When she did my upper arms I told her how painful it was and she said it felt really tight. She worked on the areas till we felt it was good to stop. After the session I felt the areas were distinctly loosened. I'm not sure how this sounds but I can honestly say my 'tennis elbow' (a loose diagnosis from my doctor) has disappeared since the massage! Hannah mentioned prior that elbow pain can be connected to muscle or tissue issues. Perhaps this is the case! My elbow pain was the worst pain of a long list of ailments I have going on.



ht FITNESS
studio

SPORTS MASSAGE

A lot of people think that Sports Massage is just for athletes, but it's not. Looking after your muscular health is just as important as exercising regularly and eating well.

It improves circulation, blood flow and lymphatic drainage, all of which are key in the process of rebuilding and strengthening muscles.

It also relieves a lot of aches and pains. Muscle impingements and imbalances are very common, they can often develop into niggling pains that can even turn in to chronic or more aggressive pains.

Sports Massage relieves tension and tightness in the muscles to help alleviate these aches and pains.

Postural and repetitive strain problems can also be helped with Sports Massage Therapy. Sometimes we don't even know we have a problem until it becomes a problem, these things can have been building up under the surface for weeks, months or even years.

Through muscle manipulation and stretches these can be corrected, although it might not always be a "quick fix"!

It doesn't matter how active or inactive you are, we can all benefit from Sports Massage to help maintain healthy muscle, improve posture, range of movement and alleviate aches and pains.