



10 REASONS WHY A MASSAGE IS SO GOOD!

A massage not only feels good but it also genuinely helps your body:

1. Relaxes and softens injured and overused muscles helping them to recover
2. Helps with back pain by improving range-of-motion and decrease discomfort
3. It feels good! Releasing endorphins which also help manage pain
4. Improves your skin by stimulating your circulation
5. Can help to reduce uncomfortable spasms and cramping
6. Increase your joint flexibility, so you can touch your toes
7. Reduces recovery time and/or helps prepare for strenuous workouts
8. Provides exercise and stretching for troubled or atrophied muscles
9. Improved circulation of blood and lymph will improve your immune system
10. Because it doesn't cost much and you deserve it

BOOK NOW

Book a half hour trial session for £15, or go mad and book two hours for £45... **you won't regret it!**

