



## Massage

Clive our therapist has worked and supported clients in a number of sporting arenas such as Newcastle United F.C., Newcastle Eagles, world boxing champions, channel 4 TV as well as personal clients gaining over 20 years professional experience.

## Sports Massage

Sports massage helps with the muscle systems before during or after training, gearing mindset towards optimal results promoting flexibility and helping to prevent injuries.

10 minute consultation plus 45 minute massage..... £35.00

## Deep Tissue Therapy

Deep tissue therapy focuses on muscle tissue working to treat specific problems such as chronic muscle tension and injuries arising from overworked muscles, alleviating immediate pain as well as chronic joint and muscle pain.

Whether you work in an office, stand on your feet all day, have long term muscle or sciatic pain in the back or neck, leg tightness or shoulder pain, massage therapy will promote faster healing by increasing blood flow and reducing inflammation.

10 minute consultation and 45 minute massage ..... £35.00