

Therapy Massage

30-minute hands-on therapy sessions to help with the effects of stress and reduce chronic pain such as arthritis in the back, neck, hips, knees or hands.

The sessions can be on the couch, in a massage chair, or in an ordinary chair.

If you've been putting off getting help with the effects of stress or chronic pain, or haven't given hands-on therapy a go, now's the time to try it!

Please reach out to Sarah on 07958 516262 to book an appointment.

