

Factsheet I: Massage

Therapeutic massage can be both relaxing and stimulating as a treatment. With the use of oil or another massage medium the therapist manipulates your soft body tissue with a resultant improvement in your health and wellbeing.

Therapeutic massage is generally suitable for most people. Your treatment will last half an hour. Before treatment begins a brief treatment plan will be designed to adapt the massage to your own requirements. Your therapist will discuss this with you.

Your therapist will use a variety of massage techniques specifically designed to relax your muscles by applying pressure to them, rubbing in the same direction as the flow of blood returning to the heart.



Massage has been found to be beneficial in the treatment of many conditions. It helps improve circulation and increases the oxygen flow in the blood. It assists in the release of toxins and waste from the muscles. It stretches your ligaments and tendons, keeping them supple and pliable. Your massage will also stimulate the skin and nervous system, helping to reduce both physical and mental tension. You may have a noticeable increase in energy levels, but the massage itself still has relaxing qualities. After receiving a massage you may experience a general sense of calmness and relaxation with conditions such as depression, anxiety and stress all being significantly improved.

Complementary therapy sessions cost £5 for a half an hour treatment, which includes a pre-treatment consultation and after care advice.

Please call 0121 565 2788 for times and details and to book an appointment.

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