



Sport Massage Services with Gemma Raybould

Sport Massage Services

- Consultation (15 mins / FREE*)
- Back and shoulder massage (40 mins / £30)
- Front and back leg massage (30 mins / £25)
- Targeted maintenance massage (30 mins / £25)
- Tension release body massage (60 mins / £35)

**A free consultation will involve completion of a health and medical form, a postural analysis and a review of your needs prior to treatment – This will take 10-15 minutes pre-treatment time.*

Benefits:

Whether you have overdone it at the gym or work, these intense massages are an effective therapy to:

- Ease tension
- Relieve stress
- Alleviate pain
- Restore balance to the body to help prevent injuries which may otherwise be caused by overuse.

A constant build-up of tension in the muscles from regular activity may lead to stresses or minor injuries to the joints and muscles themselves – Because of this an imbalance may develop. By using manual massage therapy this can greatly improve flexibility, mobility and overall range of movement to maintain a healthier, physical state.

Bookings:

To make an appointment, please contact Gemma directly on 07415681575 / gemraybould@yahoo.co.uk

Block bookings:

Why not book a block of sessions starting at a minimum of 4 treatments? This will also include a discounted rate
- Ask on arrival prior to your treatment session or contact Gemma for further information.

Payments:

Payments are to be made direct by cash prior to the session.

Cancellations:

24 hours' notice is required for cancellations or a full fee may be charged.