

# Therapy Massage

TUESDAY hands-on treatments for relief of pain & stress  
Massage /Myofascial release/Craniosacral therapy  
£60 for 60 min appointment

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.

