

SPORTS & THERAPEUTIC



Become a
**Massage
Member**
for great savings

See reverse
for details

Whether you're looking for massage to help with injury and recovery, or to unwind and de-stress, we have a range of treatments to suit all needs and lifestyles.

SPORTS MASSAGE

A deeper tissue massage, using firmer pressure and techniques involving the elbows and forearms. This may be for a specific injury, pre- or post-event, or complimentary to training and exercise.

60 mins	£57
45 mins	£50
30 mins	£40
40 mins with a Physiotherapist	£67

THERAPEUTIC MASSAGE

Ideal for those wanting to de-stress, unwind, and enjoy a more relaxing experience. The pressure is tailored to the individual – it can be gentle, such as Swedish techniques, or firmer pressure can be used.

90 mins	£80
60 mins	£57
45 mins	£50
30 mins	£40
40 mins with a Physiotherapist	£67

Massage Membership is only available on our Sports and Therapeutic massage services, see reverse for details