



Good InTensions

Personal Training and Complementary Therapies

SWEDISH MASSAGE

Full Body : £38.00 Back Neck and Shoulders : £28.00

The manipulation of soft tissues and muscles for therapeutic purposes. It can be used to stimulate or relax and is a natural way to relieve pain.

HOT & COLD STONE MASSAGE

Full Body : £45.00 Back Neck and Shoulders : £33.00

Using hot and cold stones, allowing massage to a deeper level, easing tension and muscular injury while also reducing inflammation, stimulating the nervous system and re-invigorating the whole body.

INDIAN HEAD MASSAGE

£31.00

Includes upper back, shoulders, neck and arms, it is deeply calming and relaxing resulting in an energised and revitalised feeling. It is especially good for relieving stress, tension, fatigue, insomnia and headaches.

REFLEXOLOGY

Feet: £33.00

Hands: £15.00

The manipulation and application of pressure to the feet or hands, retuning and balancing the whole body. It revitalises energy, cleansing the body of toxins and impurities thereby helping to restore and maintain good health.

ACUPRESSURE

£33.00

The application of pressure to specific reflex points, encouraging the body to heal from within. Its benefits include, increased circulation, relaxation of tight muscles, reduction of pain and tension.

Please see over for information on personal training

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