

Massage

Massage is for Everyone.

Tension in your neck & shoulders? Does your back ache from sitting at your desk? Low back ache? stressed?

Then maybe massage is what you need.

Therapists at I.H.C. are:-

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Relaxation massage Sue Foster, Sarah Smith, Sarah Walker.

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Remedial massage Robert Ainley, Hildie Lumbard, Stephen Hunter

Most of us are busier today than ever before and yet we still want to feel fit, healthy and capable of enjoying life to the full.

Bodywork massage on a regular basis can readily provide the deep relaxation necessary to enable the mind to unwind from the stresses of everyday life. Massage can also help reduce the build up of tension in our muscles and joints that can often lead to lethargy, depression or even illness.

Massage can help improve the circulation system and stretch out muscle fibres resulting in an overall feeling of glowing health.

Massage is ideal for promoting your overall sense of well-being.

Whether you have a massage as a special treat or whether you decide to have regular sessions, the benefits are immediately noticeable.

Commonly reported benefits include:

feeling more calm

improved sleep pattern

total relaxation

greater suppleness

ease of mobility

