Jenny Nicholas Sports Massage Therapy

Mobile

 Deep tissue treatments and passive and active stretches to:

* reduce muscle tension
* increase flexibility
* improve mobility
* improve circulation
* promote relaxation
* promote performance pre or post event
* maintenance

£20 for 30 mins

£30 for 45 mins

£35 for 60 mins

Pre-blended aromatherapy oils or pure base oils used

FHT Registered and Insured

Confidential, professional and friendly service

07817 526866 text or call for appointments