

# ESSEX FIRM MASSAGE IN LEIGH ON SEA SS95UR



Location **East of England, Essex**  
<https://www.freeadsz.co.uk/x-373213-z>

Hi there I am Tina 46 years old professional therapist offering my warm oil Lovely med-firm massage For male & female clients this is Great for any health problems

Or just a great stress free day? plus helping you sleep Better  
 I do work from my own house not a shop!  
 Overall Health

in front of the computer for a Long Time or over exercise can often lead to strained And inflamed muscles and joints, although our instinct is To reach for over The counter pain killers, what it Provides in reality is just Temporary relief while what our Body needs is a nourishing And intense body massage. Massaging the body with slightly warm, extra virgin olive Oil helps in relieving muscle pains, Spasms, sprains and Inflamed joints. In addition, it also helps In relieving the Pain caused by arthritis and gout. The massage works Even better when combined with yoga Exercises for back And legs.

I am here Monday-Sunday please call me not email me as I don't read emails

10am till 6pm

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What happens when you are here?  
 I will ask you to lay on the heated massage table facing Down

Then rub in warm fragrance free oils  
 with long short strokes

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I will work more in areas which are needed mostly  
Then I massage you with lovely warm rocks then leave on the spine while the heat does it magic

Then I work on the feet reflexology working with all your pressure points

Then take the rocks off you & give you a head massage  
After that I will work with my elbows and arms to do a Swedish massage great for using to get into the muscle Areas of the body

Then lovely long strokes and using my Nukkles to massage your pressure points all over your body.  
After this you will feel so relaxed and may very tired and This will also help you sleep into a deeper sleep.  
The stress will be lifted and you will feel like new  
There is so many health benefits with this massage it covers everything

Non smokers only please and please no aftershave or perfumes please wash this off thank you

This is a shower here for you use if you wish to use it  
And hot drink or cold

Jan 28, 2013

Outstanding. I suffer from rheumatoid arthritis and lumbar spinal stenosis. I find that regular massages help with mobility and take the edge off pain for a couple of days; I called Tina because my regular practitioner was away on protracted leave. Without doubt, Tina offers the best massage I've had; the hot stones work. Highly recommended and very professional

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Reply

Dvalance

Jan 23, 2013

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I can highly recommend Tina's massage to anyone who needs a relaxing, stress relieving