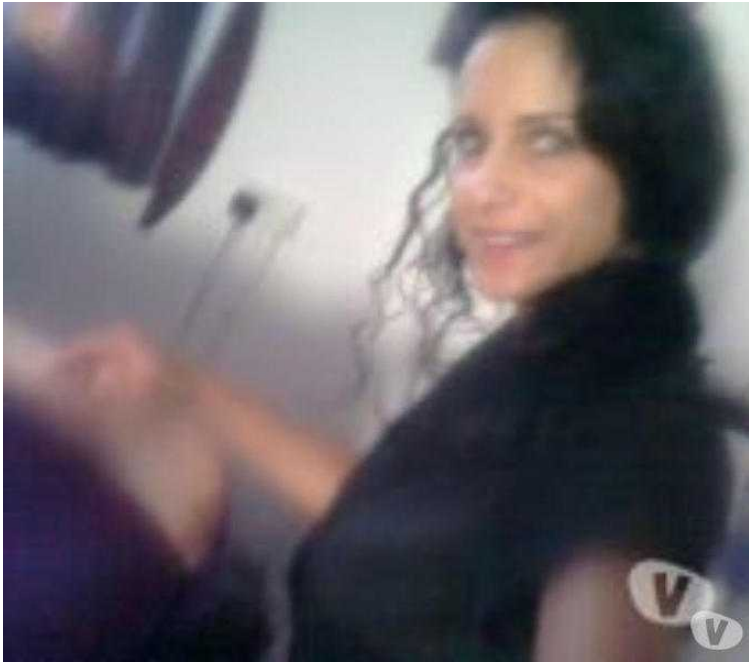


ESSEX FIRM FULL BODY MASSAGE LEIGH ON SEA ESSEX SS9



Location **East of England, Essex**
<https://www.freeadsz.co.uk/x-424163-z>

Hi there I am Tina 46 years old professional therapist offering my warm oil Lovely medium -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

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 Nuckles 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

There is a shower here for you to use if you wish to use it

And hot drink or cold this is a non sexual massage only! so please don't ask me

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