Professional Sports Massage Therapy Services

Location   **South East, Kent**
https://www.freeadsz.co.uk/x-472731-z

Kent & Sussex Healthcare
Excellence in Sports & Remedial Massage!
Covering the south east of England.

***CURRENT OFFER - 50% OFF ALL NEW PATIENT BOOKINGS BEFORE 2nd DECEMBER (New initial 1hr appointments down from £45 to £22.50)
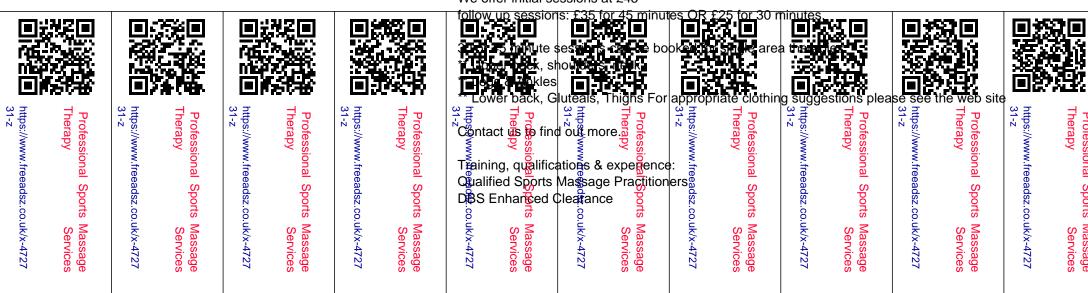***PAY FOR 3 SESSIONS AND BOOK 4
***LOYALTY CARDS AVAILABLE FOR EVERY 5 PAID SESSIONS YOU EARN ONE FREE 30 MINUTE SESSION

Sports and Remedial Massage is one of the most effective therapies for managing injuries, maintaining wellness, and reducing tension in muscles. Received regularly, this can help athletes avoid discomfort caused by trauma, poor technique, or simply overuse. Massage therapies can help reduce the risk of injuries and speed up the healing process.

Massage can be excellent for many conditions such as asthma, muscle damage, neck and back pain (including whiplash), sciatica, many sports injuries, joint pain and muscle spasm, menstrual cramps, migraines, or even just for relaxation, and stress reduction.

We offer initial sessions at £45
follow up sessions: £35 for 45 minutes OR £25 for 30 minutes.

30 and 45 minute sessions can be booked for single area therapies.
* Lower back, shoulders, feet
* Neck, ankles
** Lower back, Gluteals, Thighs For appropriate clothing suggestions please see the web site

Contact us to find out more.

Training, qualifications & experience:
Qualified Sports Massage Practitioners
DBS Enhanced Clearance

Advanced First Aid Trained

Other available therapies:
Sports Massage. Soft or Deep Tissue Massage, Muscle Energy Techniques, Soft Tissue Release, Trigger Pointing, Flexibility and mobility massage, and more...

Fees:
Initial Appointment (60 mins) £45
45 min Appointment £35
30 min Appointment £25
15 min Pre/Post Event Massage £15 (Event Locations Only)

Range of limb and joint braces, and Ice/heat Packs available through the clinic

Further information
we also offer first aid training and event medical cover.

Important information
If you have been diagnosed with or suspect you may have a pre-existing medical condition you should consult your GP for advice, diagnosis and treatment and always inform your health professional before starting any alternative or additional therapies, treatments or making any major changes in your diet or exercise programme.

Applications for treatment and voucher purchases need to submitted via the.