

ESSEX DEEP TISSUE FULL BODY MASSAGE IN WESTCLIFF ON SEA NON SMOKERS



Location **East of England, Essex**
<https://www.freeadsz.co.uk/x-520504-z>



Hi there I am Tina 47 years old professional therapist offering my warm oil Lovely firm massage For male & female clients this is Great for any health problems this is all in the same price a full body hot stone Swedish massage deep tissue-foot massage £50 the hour non sexual service only!no extras!!

what is Deep Tissue Massage? A type of massage therapy, deep tissue massage uses firm pressure and slow strokes to reach deeper layers of muscle and fascia (the connective tissue surrounding muscles). It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders. How Does It Work? Techniques While some of the strokes may feel the same as those used in Swedish massage therapy, deep tissue massage isn't the same as having a regular massage with deep pressure. It's used to break up scar tissue and physically break down muscle "knots" or adhesions (bands of painful, rigid tissue) that can disrupt circulation and cause pain, limited range of motion, and inflammation. At the beginning of the massage, lighter pressure is generally applied to warm up and prep the muscles. Specific techniques are then applied. The most common techniques include: Stripping - deep, gliding pressure along the length of the muscle fibers using the elbow, forearm, knuckles, and thumbs Friction - pressure applied across the grain of a muscle to release adhesions and realign tissue fibers The Benefits of Deep Tissue Massage Deep tissue massage usually focuses on a specific problem, such as chronic muscle pain, injury rehabilitation, and the following conditions: Low back pain Limited mobility Recovery from injuries (e.g. whiplash, falls) Repetitive strain injury, such as carpal tunnel syndrome Postural problems Muscle tension in the hamstrings, glutes, IT

band, legs, quadriceps, rhomboids, upper back Osteoarthritis pain Sciatica Sports concerns (runners, tennis, golf, etc.) Bursitis, tendonitis, elbow, neck, or shoulder pain

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Half hour £30
Hour and half £80

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 long strokes 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 if you
wish to see who is massaging you then please look on friday ads

Non sexual

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