

Cotswold Chiropractic and Massage Clinic. Reflexology, Massage, Chiropractic and Pilates



Location **South West, Gloucestershire**
<https://www.freeadsz.co.uk/x-561014-z>



**Cotswold Chiropractic
and Massage Clinic**

MASSAGE

With so many benefits, massage therapy is a highly effective method of treatment for both men and women. At Cotswold Chiropractic and Massage Clinic, we offer a selection of treatments at a variety of prices and times.

REFLEXOLOGY

Reflexology is a non-invasive complementary therapy which has been around for over 5000 years. It is based upon the principle that reflex points on the sides, tops and particularly the soles of the feet correspond to areas throughout the body.

Kelly-Jane treats men, women and tots through to teens!

CHIROPRACTIC

Chiropractors specialise in the diagnosis, treatment and management of mechanical conditions of the joints and soft tissues. Emphasis is usually on the spine and the effects on the nervous system. A Chiropractic manipulation (adjustment) is a highly skilled technique, which gently releases stiffness. Pain often occurs when joints stop moving healthily. When a joint is treated and returns to normal healthy movement there is resolution of pain. Most treatments will include some soft tissue work to relax muscles and improve healing.

Aftercare and home advice are often given to maintain the positive effects of treatment and prevent reoccurrence.

PILATES

Our Pilates classes are specifically designed to strengthen, rehabilitate and re-train the deep abdominal, pelvic and spine stabilising muscles. We have a clear emphasis on quality rather than quantity. This is a low-impact, low-strenuous, core, healthy body and back care, suitable for all ages or rehabilitation after injury. We have a maximum of 10 participants, ensuring personal attention and a safe, supportive environment. The classes are suitable for all ages, fitness levels and all abilities. We provide a qualified instructor and a variety of exercises to suit your individual needs. Classes run in 10-week blocks and include a £5 voucher.

Pilates Class times:
 Monday 9:00pm
 Wednesday 7:00pm
 Saturday 9:30am

For more information please visit our website www.ccmclinic.uk

| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | |
| <p>Cotswold Chiropractic and Massage Clinic. Reflexology, Massage, Chiropractic and Pilates https://www.freeadsz.co.uk/x-561014-z</p> | <p>Cotswold Chiropractic and Massage Clinic. Reflexology, Massage, Chiropractic and Pilates https://www.freeadsz.co.uk/x-561014-z</p> | <p>Cotswold Chiropractic and Massage Clinic. Reflexology, Massage, Chiropractic and Pilates https://www.freeadsz.co.uk/x-561014-z</p> | <p>Cotswold Chiropractic and Massage Clinic. Reflexology, Massage, Chiropractic and Pilates https://www.freeadsz.co.uk/x-561014-z</p> | <p>Cotswold Chiropractic and Massage Clinic. Reflexology, Massage, Chiropractic and Pilates https://www.freeadsz.co.uk/x-561014-z</p> | <p>Cotswold Chiropractic and Massage Clinic. Reflexology, Massage, Chiropractic and Pilates https://www.freeadsz.co.uk/x-561014-z</p> | <p>Cotswold Chiropractic and Massage Clinic. Reflexology, Massage, Chiropractic and Pilates https://www.freeadsz.co.uk/x-561014-z</p> | <p>Cotswold Chiropractic and Massage Clinic. Reflexology, Massage, Chiropractic and Pilates https://www.freeadsz.co.uk/x-561014-z</p> | <p>Cotswold Chiropractic and Massage Clinic. Reflexology, Massage, Chiropractic and Pilates https://www.freeadsz.co.uk/x-561014-z</p> | <p>Cotswold Chiropractic and Massage Clinic. Reflexology, Massage, Chiropractic and Pilates https://www.freeadsz.co.uk/x-561014-z</p> |
