

# Therapeutic Massage



Location **South East, Middlesex**  
<https://www.freeadsz.co.uk/x-573452-z>

I provide therapeutic massage. I offer a mobile massage service which means I provide massage at your home. As massage is so relaxing, why then disrupt the relaxation by having to drive or go by public transport home. Alternatively, you can book a cab but why pay for this expense.





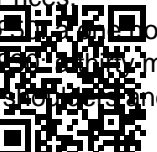




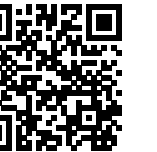
I provide my mobile massage service in the borough of Wandsworth. Also, Wimbledon, Fulham and Chelsea.

Massage is beneficial in the following ways:

- It improves the circulatory system.
- It improves the lymphatic system.
- It boosts the immune system.
- It eliminates aches and pains.
- It helps to remove toxins from the body.
- It reduces Anxiety and Depression.

A poor circulation leads to sensitivity to cold which can cause aches and pains. A sluggish lymphatic system can result in Oedema which is a condition which causes the feet, ankles and legs to swell; this occurs because the lymphatic system is not functioning properly to drain excess fluid. A weak immune system leads to a susceptibility to illness. Massage eliminates aches and pains which can arise owing to stiff joints and/or inflammation. The removal of toxins from the body will help to prevent disease and illness. Anxiety and Depression are greatly reduced because massage promotes a feeling of well-being.



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