

# Sports Massage Therapist

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Clair Andrews, a qualified Sports Massage Therapist, offers a variety of treatments whether you are improving fitness levels, wanting to stay injury free and fit to exercise or need to ease tired muscles, relax the mind and reduce the effects of stress.

## Holistic Massage

Highly beneficial treatment that can loosen tight muscles, release tension and promote relaxation.

The treatment generally covers the whole body, although each massage can be tailored to the needs of the client

## Deep Tissue Massage

A massage treatments, focusing on the deeper layers of muscle tissue, aiming to release muscle tension through deep pressure. The treatment focuses on specific areas releasing toxins from muscles



## Sports Massage

Helps improve the suppleness and flexibility of muscles and joints, improve blood circulation, thereby assisting the body with recovery and repair. The treatment incorporates traditional massage techniques together with additional intensive techniques specifically designed to aid in the prevention and treatment of injuries.



## On-site Seated Massage

Seated massage is the ideal modality for the busy workplace environment where employees benefit from this quick, dynamic de-stressing therapy and can return to their desks buzzing with energy.



On-site seated massage is a special adaptation of massage, stretches and acupressure and is performed through clothing on an ergonomic portable chair. An individual treatment can be adapted to be 15 to 45 minutes long.

