

Sports and Deep Tissue Massage

Pricing:

30 minutes:
£18

45 minutes:
£24

60 minutes:
£30

Prices include a consultation as part of your appointment slot.

**B&FC SPORTS
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Deep tissue massage pretty much does what it says on the tin and your therapist will apply firm pressure to manipulate the deeper tissues in the body. Sports massage will help to break down larger and older knots and will also help recover and prevent injuries

Benefits include:

- *Reduction in pain and breakdown of scar tissue.**
- *Decrease in blood pressure.**
- *Improves circulation and blood supply to your working muscles.**
- *Increase range of motion.**
- *Improved posture, flexibility and body alignment.**
- *Reduced mental stress and promotes relaxation for a better nights sleep.**