

SPORTS MASSAGE THERAPY



Bartholomew Way

CLINIC

Paddocks Healthcare

CLINIC

horshamsportsmassage.co.uk/offers



Bartholomew Way Paddocks Healthcare

CLINIC CLINIC

(01403) 276272 (01273) 495106

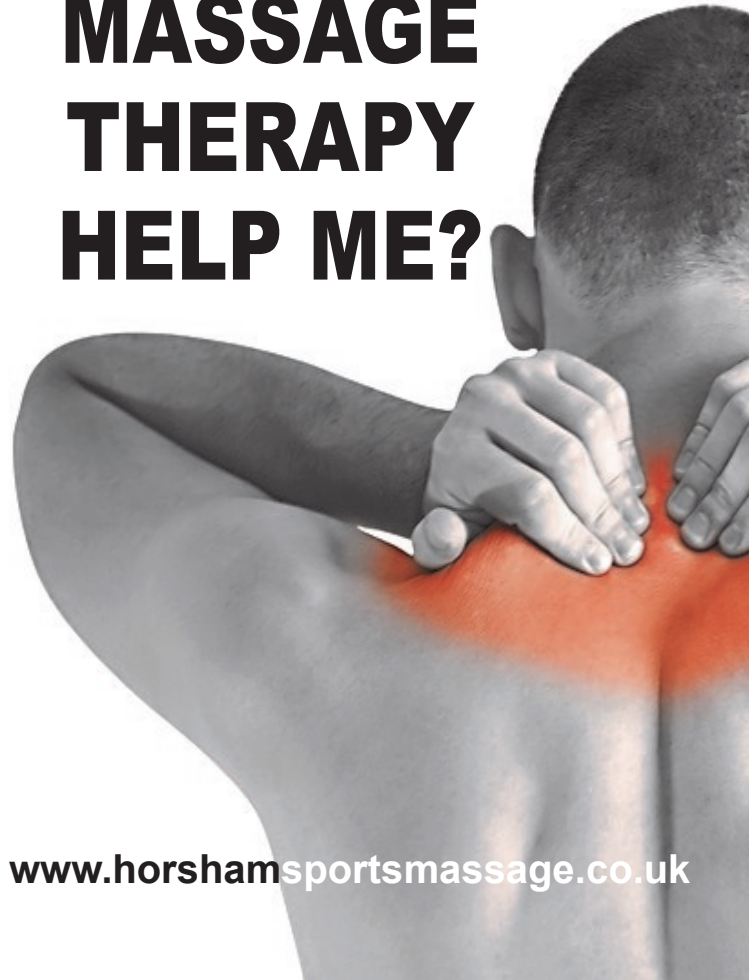
Bartholomew Way
HORSHAM RH12 5JL

Furners Lane
HENFIELD BN5 9HS

www.bartholomewwayclinic.co.uk

www.paddockshealthcare.co.uk

HOW CAN SPORTS MASSAGE THERAPY HELP ME?



www.horshamsportsmassage.co.uk

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Massage can help everyone young and old, easing aches & pains in joints and muscles and aiding relaxation...

SPORTS MASSAGE

A Sports Massage can alleviate the symptoms of your injured muscles, tendons and ligaments, and will promote healing and rehabilitation.

PRE & POST EVENT MASSAGE

Pre Event Sports Massage helps you by stimulating muscles, increasing blood flow and calming nerves. Leaving you with a desire to perform

Post Event Massage can aid in removal of lactic acid from the tissues, which can help to reduce pain and stiffness the following day.

SWEDISH BODY MASSAGE

Pamper yourself with a Swedish Body Massage and let the stresses and strains of everyday life float away, leaving you with a feeling of well-being.

WARWICK HARVEY BSc (Hons)

- Sports (Science & Management)
- Diploma in Personal Training
- Certificate in Remedial Massage
- Certificate in Swedish Massage
- Member of the Sports Massage Association

Many years of experience working with elite footballers at Portsmouth FC and Brighton & Hove Albion FC

www.horshamsportsmassage.co.uk

SPORTS MASSAGE CAN HELP YOU....

PHYSICAL...

- Improves circulation
- Breaks down scar tissue

PHYSIOLOGICAL

- Balances the autonomic nervous system
- Reduces pain
- Helps with relaxation

PSYCHOLOGICAL...

- Reduces anxiety
- Invigorates
- Promotes a positive attitude

APPOINTMENTS ARE AVAILABLE IN HORSHAM & HENFIELD...

- One hour massage £40
- 30 minute massage £30

**CALL RECEPTION ON
(01403) 276272 OR (01273) 495106
TO BOOK TODAY**

