

Session Tariff

- 25 minutes = £30
- 40 minutes = £40
- 60 minutes = £55

Group booking and event discounts available. Please contact for more details.



Haelan Sports Massage Therapy

Haelan Holistics
The Basement, 383 Market Street
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Häelan Sports Massage Therapy



NO PAIN NO GAIN

Call 07526157011



Sports Massage Therapy

Sports massage isn't just for the elite, athletes or injured professionalsits for everyone.

We offer:

- Pre- event - *mental & physical preparation*
- Post event - *relaxes, aids lactic acid removal*
- Maintenance Massage- *assisting injury prevention & recovery*

Using a combination of effleurage, petrissage, tapotement, vibration and frictions we can help reduce muscle, tendon and ligament pain, reduce adhesions & even scar tissue.

Conditions we can help with

- Back problems
- Fatigue
- Fluid retention
- Frozen shoulder
- Knee & hip restrictions & misalignment
- Pelvic tilt, leg length & hip imbalance
- Repetitive strain injury
- Skeletal & muscular problems
- Sports injuries
- Tendonitis
- Stress
- Sprains
- Strains
- Muscle dysfunction
- Scoliosis
- Lymphatic drainage

About

Sports massage involves deep tissue work and can aid stress relief, improve lymphatic drainage, ease aches and pains, correct muscle dysfunction and much more.

Please be aware this is a hands on therapy requiring the removal of some clothing and can cause redness, bruising and possible discomfort.

Sessions include full consultation, medical history review and physical assessment. Please bring any relevant documentation with you ie: current medication details.

Group and event bookings also undertaken and group discounts are offered. The larger the group the bigger the discount.

Check out the back page for session tariff details.

Hælan is Old English meaning—to make whole