

Therapist

Kim Wheeler

Dip. Personal Training/Sports
Massage Therapy

The treatment room is located within
Copa Hair
5A Monument Close
Essex Street
Wash Common
Newbury
RG14 6QW

24 hours notice of cancellation is
required or a fee will be incurred.

For bookings or enquires please call:

07768034536

Email: kim_wheeler51@hotmail.com



Sports Massage

**Information &
Price List**



Sports Massage

Sports Massage Therapy aims to provide rehabilitative deep tissue massage in order to promote recovery.

When injuries occur, due to over exertion or overuse, massage can help to reduce the severity of these injuries and reduce the resulting muscular tension. It can also help to prevent persistent "niggles" that get in the way of performance, whether you are an athlete or a once a week jogger or golfer.

Massage, applied skilfully, is the most effective therapy for releasing muscle tension and restoring balance to the musculo-skeletal system.

Many desk-based employees suffer with upper back and shoulder tension as a result of their working environment. Sports massage is proven to reduce this tension and to help you to feel more relaxed.



Availability

Tuesdays 5pm- 9pm

Prices

Service	Time	Cost
Sports Massage	30 min	£30
	45 min	£35
	60 min	£45

All payment should be made direct to the therapist by cash or cheque only.

