

# Massage

The fundamental aim of massage therapy is to help the body heal itself and to increase health and well-being. The following are just some of the many conditions that can be helped:

Stress and Anxiety Muscle Pain

Tightness and Soreness

Injuries

Injury Prevention

Joint Pain

Motion Restriction Posture

Massage can be delivered via 15 minutes desk massages or longer, private room based massage or for the individual home, clinic or hotel.

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