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media via the form below.A
guided session with a massage

therapist is an excellent method for relaxation and stress relief. If you think about it, a massage is the best self-help therapy you can have. It's really a way of helping yourself to avoid the physical and emotional discomfort of life's stressors. By booking yourself in to a soothing massage, you can enjoy the benefits of stress relief with ease and comfort, with a refreshing new outlook on life. If you have experienced chronic stress or had a stressful event in your life, a therapist can offer a range of benefits to you, both short- and long-term. Massage therapists are trained in a wide

variety of methods to get to the root of your stress and release the trapped tensions and emotional blockages that might be affecting you. It is an effective tool in the prevention of stress, chronic pain, and injury. Massage can help you to maintain your optimum health and well-being, and aid you with weight loss, relaxation, and stress relief. It is excellent for arthritis and back problems. After you've undergone a massage, you can feel your body and mind relax and even feel rested. The National Institute for Health and Clinical Excellence (NICE) recently made a recommendation

that people with long-term musculoskeletal problems, for example, arthritis, should be offered regular, individually targeted physiotherapy. Massage is a recognized and important complementary therapy, and recent evidence has shown massage to have a positive effect on such conditions as osteoarthritis, chronic pain, and rheumatoid arthritis. What is the benefit of massage? Research has shown that regular massage can have a positive effect on your physical and mental well-being, relieving chronic pain and helping you to regain your muscle tone

and flexibility. Massage can help with stress and tension, and also with sleep disorders such as insomnia, and fatigue. Regular massage can enhance your mood and help you to deal with the pressure and stressors of life, without any negative side-effects. It can aid your ability to cope, improve your body image, and can help to reduce stress and anxiety. If you have experienced a stressful event, a massage can help

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