

MASSAGE

Now Available

A regular sports massage can help prevent injury by maintaining the muscles in better condition. Massage should play an important part in the life of any sportsman or woman whether you are injured or not.

Interested in getting some much needed relaxation, or looking to relieve stress; flexible scheduling, and affordable prices make enjoying a little slice of heaven easy any time you like!

Introductory offers apply for full gym members
Prices from only £15.00 per treatment



BACK, SHOULDERS AND NECK

De-Stress and Re-Energize - Focusing solely on these areas working out tension but also relaxing the whole body.

Duration: 30mins
1 Treatment: £25.00

MEMBERS PRICE £15.00



RELAXING/SENSORY MASSAGE

Achieve a high level of relaxation. The therapeutic and stress-relieving benefits of massage can lead to a healthier and more energetic lifestyle.

Duration: 60mins
1 Treatment: £45.00

MEMBERS PRICE £25.00



DEEP TISSUE SPORTS MASSAGE

Similar to Swedish massage but is used to target knots and release chronic muscle tension. Alleviate stress, ease muscles and revive the senses with this powerful, customised massage.

Duration: 60mins
1 Treatment: £45.00

MEMBERS PRICE £25.00

Visit once in a while, once a week or once a month - learn more about how you can enjoy a great customized massage as often as you'd like.

Coming Soon, Full Swedish Massage - Muscle-specific applications of the standard effleurage, petrissage, vibration, and tapotement techniques.

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touch 
 SWEDISH MASSAGE - RELAX & REJUVENATE