**Malaysian & Western Massage**

**Brooke Kemball-Smith**

**Monday Afternoon**

**Appointment length = 45 minutes**

**£43 per appointment**

Malaysian Massage is a deep form of massage in which the practitioner alternates between calming and energising techniques. Helping to manoeuvre overly tight muscles back to their natural state, allowing you and your joints to move comfortably, alleviating aches and pains.

**Symptoms treated:**

* Stress & Anxiety
* Circulatory problems
* Repetitive Strain injuries
* Frozen shoulder
* Whiplash
* Sciatica
* Asthma
* Arthritis
* Rheumatism
* Depression
* Headache
* Insomnia
* Tiredness
* Muscle pain and tension