



DO YOU SUFFER FROM:

- Tight neck & shoulders
- Back pain
- Headaches
- Lower back pain/Sciatica
- Repetitive strain injuries
- Sports injuries
- Postural problems/pain
- Muscular soreness

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HOW DOES MASSAGE HELP?

It focuses on preparing, healing and rehabilitating your soft tissue i.e. muscles, ligaments & tendons. It also assists with the removal of waste products, toxins and helps supply the tissues with essential nutrients to aid your recovery.

WHY CHOOSE TIPTOP MASSAGE?

Laura provides a personalised and professional treatment that is tailored to the individuals needs and lifestyle. She aims to achieve the reduction of symptoms and promote recovery usually within 1-6 bespoke sessions. No two sessions are the same as they are individually tailored using a variety of specialised techniques. At the same time, strategies are provided/given to help manage symptoms therefore giving back control to the individual.

TYPES OF TREATMENTS / THERAPY OFFERED:

HOT STONES:

Massage using smooth, flat heated rocks to help relax the body or help to warm up tight muscles so the therapist can work deeper and more quickly. Laura offers an all over hot stones relaxing experience or integrate as part of a treatment to release specific areas.

MYOFASCIAL RELEASE:

Fascia is the connective tissue that surrounds the muscles, bones, nerves and organs of the body. This type of massage attempts to release tension in the fascia that has occurred due to trauma, postural imbalance or inflammation.

MEDICAL ACUPUNCTURE:

Involves inserting medical fine needles for a therapeutic effect. It is an adaptation of traditional Chinese acupuncture aiming to create homeostasis within the body by using modern up to date knowledge of anatomy and physiology.

SPORTS & REMEDIAL:

Helps to alleviate the stress and tension which builds up in the body's soft tissues during physical activity. It tends to be deeper and more intense using a variety of specialized techniques including sport stretching, trigger point therapy, and other advanced techniques. Not only does it help sports injuries, but also common conditions including migraine, back, neck and shoulder pain and more.

BEWARE

Standards of training vary and under current law, anyone can call themselves a sports massage practitioner or sports massage therapist. It is very important that any practitioner you visit is a member of an accredited governing body.