



Feel Fit Massage Therapy Clinic

Why choose Feel Fit Massage Therapy Clinic?

Feel Fit Massage Therapy Clinic offers a variety of massage therapies including sports, remedial and Swedish massage. We truly love to help clients get back to their best whether that means relieving the stress and tension of work, helping to eliminate those sports injuries or to help rehabilitate from those frustrating ailments such as back pain, sciatica, frozen shoulder or tennis elbow.

What is massage therapy?

Massage is one of the oldest, simplest forms of therapy. It generally consists of five basic strokes: effleurage (stroking), petrissage (kneading), friction, tapotement (percussion) and vibration, to help relieve pain, relax, stimulate and tone the body. It helps stimulate blood circulation and lymphatic drainage improving the elimination of waste through the body.



What are the benefits of massage?

Blood & Lymph

- Increases circulation to all parts of the body
- Improves flow of nutrients to body tissues
- Promotes elimination of waste products

Muscular System

- Reduces muscle tension
- Relieves stiffness and soreness
- Relieves muscle fatigue
- Stimulates the muscles of the stomach and intestines, thereby aiding digestion.

Nervous System

- Relieves tension and promotes relaxation
- Relieves physical pain

Massage therapy helps treat:

Ailments: Massage therapy has been proven to help in the treatment of arthritis, fibromyalgia, sciatica, frozen shoulder, carpal tunnel, tendonitis and respiratory problems like bronchitis or asthma.

Injuries: Massage therapy helps to restore normal function to muscles, tendons, ligaments and joints, reducing swelling and aiding in the recovery of injuries such as

fractures, sprains, whiplash or sports injuries. It is perfect for those employed in physically demanding jobs or those which involve long periods of standing.

Stress: Certain stress-related conditions such as anxiety, tension, depression, headaches and migraines can all be helped by massage. It aids in the reduction of the physical effects of occupational stress and fatigue caused by demanding jobs and lifestyles.

Athletes: The prime purpose of sports massage therapy is to help alleviate the stress and tension which builds up in the body's soft tissues during physical activity. At Feel Fit we bring together a blend of techniques, knowledge and advice during treatment, to work effectively with the client to bring about optimum performance and to provide injury-free training and minimise post event injuries.



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