

HEALING WITH HANDS

Massage is the natural effective relief
from aches, minor sports injuries, stress,
anxiety and tension

Zena McGee

LOCATION
HEALING WITH HANDS
ZENA MCGEE

JUST HOLISTIC
145B BRIGHTON ROAD
ENTRANCE ON JARVIS ROAD
SOUTH CROYDON
CR2 63F

Choosing the right therapist

It is important to choose a qualified practitioner who has undertaken all the necessary training to understand the theory and practice of massage.

Zena McGee is registered with the (CNHC) Complementary and Natural Healthcare Council (CNHC) and the Complementary Therapist Association (CThA) you can be confident that they are properly trained, qualified and insured.

Ring 07900 456 076 today for further information and bookings

CNHC

Complementary & Natural
Healthcare Council

CThA
Professional Member

BOOK NOW

Call or Text 07900 456 076

Email zena@healingwithhands.co.uk

for more info:
www.healingwithhands.co.uk

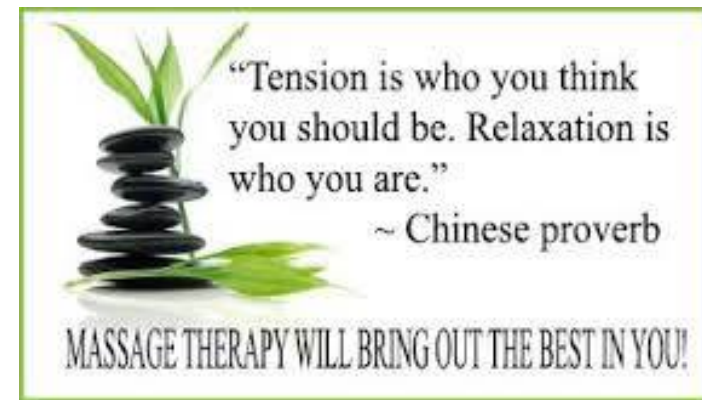


HealingHands™

Hand therapy for healthcare™



Do you suffer from muscular discomfort, tension, aches, or a sports injury



HEALING WITH HANDS

A unique approach

A truly prescriptive massage combining a range of techniques including sports, Swedish, aromatherapy, and Indian head massage.

Expect personalised aftercare to help you manage your condition including stretching advice.

To help you with

Massage may be found to bring relief from everyday aches and tension, reduce stress, increase relaxation, address feelings of anxiety and aid general wellness.

It can also be used in support of other therapies to assist in the rehabilitation of muscular injuries.

Feel healthy, feel balanced, feel good.

BOOK NOW FOR

Maintenance Massage for prevention of injuries by keeping your muscles and sinews supple and great for management of stress, anxiety, tension, and general a good treatment for you and your all those muscles.

Rehabilitation Massage

If you've injured yourself through acute injury or your condition is more chronic due to poor posture or repetitive movements, then rehabilitation massage can get you back to your normal self.

Prices

£35 for a 45 minute massage

£45 for a 60 minute massage

£60 for a 75 minute massage

£70 for a 90 minute massage

£90 for a 120 minute massage

Discounts available for on block booking, gift vouchers available online from healingwithhands.co.uk

Cancellations must be made with at least 24 hours notice otherwise the the full fee will be charged.

Intelligent, intuitive and effective solutions for optimum health and wellbeing.