

Massage

Our Massage Therapists here work together with your Chiropractor to ensure that we find the right level of Chiropractic and massage for you.



Massage Availability and Fees

Monday 9.30am-12.30pm 6.30pm-8pm

Wednesday 9.30am-12.30pm 6.30pm-8pm

Friday 9.30am-12.30pm 6.30pm-8pm

Saturday 9.30am-12.30pm

½ hour- £25

1 hour- £35

Massage aftercare and advice

What you should do after your massage:

- Drink plenty of water
- Avoid caffeine and alcohol
- Try to return to a relaxing environment
- Keep warm as massage reduces your blood pressure
- Avoid heavy foods

Recommendations:

**Cambridgeshire Family Chiropractic
Centre
4 The Woodlands
Linton
Cambridgeshire
CB21 4UF**

07870568548

www.abundanthhealthcare.co.uk

MASSAGE



Cambridgeshire Family
Chiropractic Centre

Helping you to relax and
recover alongside your
Chiropractic Care



"We are an energizing, successful team, uniting with all who we serve. Our family approach allows us to listen with distinction, giving expertise and advice, challenging you to reach the health goals you deserve."

What is Massage?

The word *massage* comes from the Greek word *massein* meaning “to knead”.

There are references to the Chinese system of massage as early back as 3000BC.

Massage can help prevent injury, or help the body heal after an injury has occurred. Massage is not just for sports people or for those who are looking to relax, it can help many soft tissue problems such as tense neck and shoulders.



Some of the many Benefits of Massage Include:

- Pain relief
- Injury recovery and prevention
- Increase joint mobility
- Relieve muscle tightness, stiffness & spasms
- Improve circulation & lymphatic flow
- Sedation or stimulation of nerve endings
- Improve flexibility
- Increase or decrease muscle tone and/or length
- Break down scar tissue
- Assist in the removal of metabolic waste
- Decreased heart rate & relaxation
- Strengthen immune system



Massage can be gentle or firm depending on your requirements. Our therapists work with you to your own comfort level. Just let them know if you want a lighter or deeper massage.

Our Massage Therapists

Jo Groenhart: A medium to deeper / firmer massage

Please discuss with your Chiropractor which massage is better suited to your needs

