## 

**JENNY HAMPTON MASSAGE**

## What is Therapeutic Massage?

Therapeutic Massage helps soothe the body, mind and soul. Using a range of techniques, including Swedish massage, joint mobilisations, stretches and fascial release, this client-centred therapy finds the most appropriate treatment for you on the day.

Through a consultation and aftercare process, you are fully included in the treatment, and given exercises or practises to help aid your healing in between sessions. While, as with any therapy, no result can be guaranteed, experiencing the still, relaxed space of a Therapeutic Massage session can offer a range of lifestyle benefits, including increased energy, relief from pain and improved sleep.

**WHAT IS DEEP TISSUE MASSAGE?**

This is where the therapist sinks through different layers of skin, fascia and muscle to treat underlying tensions in deep seated muscles. It also uses techniques such as mobilisation and Myofascial Release to loosen and release muscles. It can take several sessions and work by the client in between to resolve chronic tensions.

**WHAT IS REMEDIAL MASSAGE?**

This works with issues arising from injuries or chronic tensions and is often focused in a specific area or muscle group.

**WHAT IS PREGNANCY MASSAGE?**

Massage can be very helpful throughout pregnancy. In the first trimester gentle massage is recommended, with no work on the abdomen. In later stages massage is done with the client lying on their side and all areas of the body can be worked on, as to the client's comfort. Can help with lower back pain and swelling in the ankles, feet and fingers.

**WHAT IS RELAXATION MASSAGE?**

Any of the sessions listed above can, and hopefully will be, relaxing. Deep tissue release can be very relaxing for the body and mind, and massage on any physical strains as a result of pregnancy can be seriously soothing. However, if your intention is specifically to relax rather than work on an area of the body, I work primarily with the nervous system and acupressure points to aid let go. A great session if you want to treat yourself to an hour of rest and relaxation.

**WHAT IS SCIATICA AND PIRIFORMIS SYNDROME?**

Sciatica is any pain that refers down the leg and is a tingling sensation, indicative of a compressed nerve. There are different causes for this: for example, a herniated disc, or a tight piriformis muscle. If you have pain due to disc damage, you need to consult a doctor. For other causes, including Piriformis Syndrome, I can help release the pain using Myofascial Release, deep tissue techniques, joint mobilisation and stretches.

**HOW CAN MASSAGE HELP WITH STRESS AND ANXIETY?**

Mind and body are one system and whatever is going on in one will show up in the other. If you are stressed or anxious, either because of a particular event, or ongoingly, I offer a space for your body to let go, unwind and rest and repair, helping to bring your whole system into balance.

**www.jennyhamptonmassage.com**