

Lindsey Parkinson
Massage
Therapy



**Remedial and therapeutic
massage in Lincoln**



www.lincolnmassage.co.uk

Massage

The power of touch: an essential but often overlooked comfort in today's fast-paced and chaotic world. Modern life seems to avoid human contact, and massage is the perfect antidote to everyday stress.

One of the oldest and simplest forms of healing therapies, massage is successfully used in enabling people to attain and maintain good health.

Through the manipulation of soft tissues, massage can improve circulation, reduce muscular aches and pains, relieve stiff joints and reduce levels of anxiety and stress. Depending on your needs, massage can stimulate or calm the nervous system; it helps reduce fatigue and leaves you with a feeling of replenished energy. Regular massage can maintain these effects.

Therapeutic massage is largely based on Swedish massage, a soothing method that focuses on reducing feelings of stress, improving circulation and relieving everyday aches and pains. Remedial massage utilises deeper massage techniques to break down adhesions of



www.lincolnmassage.co.uk

fibrous tissue, aid the removal of lactic acid and improve blood and oxygen supply to tight muscles.

Treatments are tailored to your individual requirements, and will often encompass a combination of remedial and therapeutic massage.

Massage is suitable for most people, but there are circumstances where massage should be avoided or you should seek your doctor's advice.

All treatments begin with a consultation to ensure massage is the most appropriate therapy for you.

If you have any queries or would like further information, please contact Lindsey to discuss your requirements.



"A very professional approach to eliminate some of those all-too-stressful situations, Lindsey is a very tranquil person and this reflects in the treatments she provides."

Jessica,
admin assistant



"I always feel so much more energised after my back massage, with no more tension! Plus I always sleep well!"

Diane,
civil servant

Treatments

Therapeutic and remedial massage

Full body massage

Relaxing full body massage using oils and massage techniques to relieve tension, aches and pains, and leave you feeling revived.

Consultation & treatment 1½ hour £45

Treatment 1 hour - £38



Shoulder, back and neck massage

Designed to relieve tension commonly held in these areas.

A perfect pick-me-up during or after a hard day.

Treatment ½ hour - £26

Treatment ¼ hour - £32

Indian head massage

Traditional treatment performed over clothes and without the use of oils to relieve stress and tension headaches, improve sleep and renew energy levels.

Treatment ½ to ¾ hour - £32



Facial massage

A pampering pick-me-up – relaxing and invigorating massage of the face, neck and chest.

½ hour - £26



Full facial massage

A thoroughly relaxing and therapeutic treatment including cleansing, exfoliation, facial massage, optional natural face mask and hand massage.

1¼ hour - £48

1 hour, without face mask and hand massage - £38



A massage makes the perfect present for your loved ones – please ask about our treatment gift vouchers.



"The special facial pamper is truly invigorating... You certainly come away feeling totally toned and refreshed."

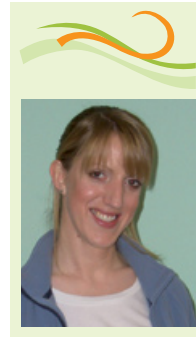
**Mavis,
legal secretary**

Cancellations

If you can't make your appointment, please give 48 hours' notice. A £15 charge will be made for late cancellations or missed bookings.

www.lincolnmassage.co.uk

Background



Lindsey Parkinson MIGHT is a fully-qualified massage therapist. Lindsey gained a Distinction in her ITEC qualification, having been trained by Clare Maxwell-Hudson at her London school of massage. Clare Maxwell-Hudson is a world-renowned pioneer in massage

and has achieved international recognition for her contribution to the health sciences. Lindsey's vocational training has been an invaluable experience, and has provided a solid foundation for her continued professional development in the field of massage.

Lindsey is a member of the Federation of Holistic Therapists. A firm believer in the healing aspects of massage, she began her Lincoln-based practice in 2006, offering safe and effective remedial and therapeutic massage.



"The deep tissue massage Lindsey gives enables me to continue my work without those commonly occurring aches and pains. Prior to consulting Lindsey I had regular pains in my left shoulder, which interfered with my work. After a couple of treatments my shoulder felt 150% better! I now have regular massages to keep my body free from aches and pains."

**Fraser,
mechanic**



*Deep remedial
massage of the calf*



*Relieving tension in
the upper back*

**“Life takes it out of you.
Massage puts it back”**

Clare Maxwell-Hudson



Appointments at Red Hall Clinic

01522 539649

Red Hall Clinic, Red Hall Drive, Bracebridge Heath,
Lincoln LN4 2JT

info@lincolnmassage.co.uk

www.lincolnmassage.co.uk