



Kneadless Knotz

MIND • BODY • BALANCE



Massage

Good for the Body

Massage therapy is a powerful tool for improving your physical and mental wellbeing. It helps to reduce tension, support your lymphatic system and promote relaxation, restoration and healing.



RELAX

Relieves muscle tension, reduces stress and promotes deep relaxation.



RESTORE

Improves circulation, supports the lymphatic system and helps your body recover and heal.



REBALANCE

Enhances wellbeing, boosts immunity and restores mind, body and balance.



SUPPORTING YOUR LYMPHATIC SYSTEM

Helps your body detox, reduce fluid retention and support your immune health.

OUR MASSAGE & BODY SCULPTING SERVICES



SWEDISH MASSAGE

Relaxation, improved circulation and stress relief.



DEEP TISSUE MASSAGE

Targets chronic muscle tension and tight knots.



RADIO FREQUENCY

Uses controlled heat to tighten skin and stimulate collagen.



CAVITATION

Uses ultrasound waves to break down fat cells and support body contouring.



MANUAL LYMPHATIC DRAINAGE

Gentle technique to encourage lymph flow and reduce swelling.



HOT STONES MASSAGE

Combines warmth with massage to ease muscle tension.



WARM BAMBOO MASSAGE

Uses heated bamboo to relieve muscle tension and improve circulation.



WHO CAN BENEFIT?

- Office workers with poor posture
- Athletes
- People with muscle aches or stiffness
- Individuals experiencing stress or anxiety
- Those recovering from surgery
- People requiring lymphatic support

(Always seek medical advice if unsure)



IMPORTANT NOTE

Massage is generally safe for most people, but it may not be suitable for everyone. Certain medical conditions – including infections, blood clots, uncontrolled heart conditions, or some cancers – may require medical clearance before treatment.

A qualified therapist will always complete a consultation before beginning treatment.



CALL OR TEXT
07746 669924
Ring for more details or to book an appointment

*Invest in your wellbeing.
your body will thank you.*



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