

Check out my end of year newsletter with info about vouchers and gifts for your friends. And how to save you money off your next massage!



## Merry Xmas!

*I hope your project manager isn't driving you hard to reach that 31/12 project milestone! I hope you get a break before the holidays! If not, remember, I am in Holborn tuesday 26/12 and friday 29/12 as usual if you need some therapy!*

## Give a Gift Voucher this Xmas!

**Do you know someone who's had a tough year who needs to take a bit of time out for themselves, but just won't do it?**

If so, why not think about buying them a gift certificate or some vouchers towards a massage this Christmas.

Massage is proven to reduce stress, lower blood pressure, relieve pain, reduce anxiety and promote relaxation. And that is before the remedial work! It is an ideal gift, particularly around this busy and stressful time of the year.

Click the link [here](#) for more information

**It is a great last-minute present!**

**You can do it all online - Martin could email the voucher to your friend on Xmas Morning!**



## Check out my new Referral Scheme!

If you refer a person who is new to me, I will offer you a one-time refund from the price of your next massage. If they sign up for regular massage you get £5 discount for every massage they pay for!



**07710 314432**

## My Therapies

Sports Massage  
Remedial Massage  
Soft Tissue Therapy  
Therapeutic Massage

## My Locations

- \* Holborn clinic
- \* South Ealing studio

## My Prices

One-off fee is £65 in town and £55 in west London.

\* 6 for the price of 5 if you pay in advance!

\* Just £50 if you see me in Holborn monthly & pay by Standing Order!

\* £45 in South Ealing!

*\* £25 introductory offer in South Ealing! Tell your friends!*

## Opening Times

Daily 8am-9pm

Holborn tuesdays and fridays - including Xmas to New Year!

## My Calendar

Click [here](#) to see my calendar

message they pay for

Your massages could become free!

---

## Have you checked the Blog on my website recently?

If I see something that may interest my clients I Blog it!

Check out the article on [Heel Pain](#) I recently added.

And [research](#) showing how massage helps your health!

Want me to research something for you? Tell me!



Cancellations at less than 24 hours unfortunately incur the full cost of the session. This is usual business practice.

## My Reviews

"Brilliant Service. If you have muscular injuries/pains - Martin is your man. "

" I try to see him at least once a month and as a result I'm pain free. "

"Knowledgable, calm and peaceful setting."

"The calm and soothing ambience is a bonus!"

---

Did you like this newsletter? Tell me what you want to read about! As you know I am a keen researcher and interested in learning more myself.

Forward this newsletter to a friend who you think should see me!

---

**Martin Kingston McCloghry** MSMA MISRM MNHMA *registered with CNHC*  
*Sports & Remedial Massage and Soft Tissue Therapy* **07710 314432**



This e-mail has been sent to riza@silver.co.uk, [click here to unsubscribe](#).