

Check out my *JANUARY* newsletter with info about pepping up your health for the new year! Feel better in a healthy way!



Happy New Year!

Need help with New Years Resolution? Good intentions but information and motivation lacking? Let this newsletter help!



Detox Time!

It's that time of year again! Detox time!

But how do we get it right without the snake-oil salesmen?

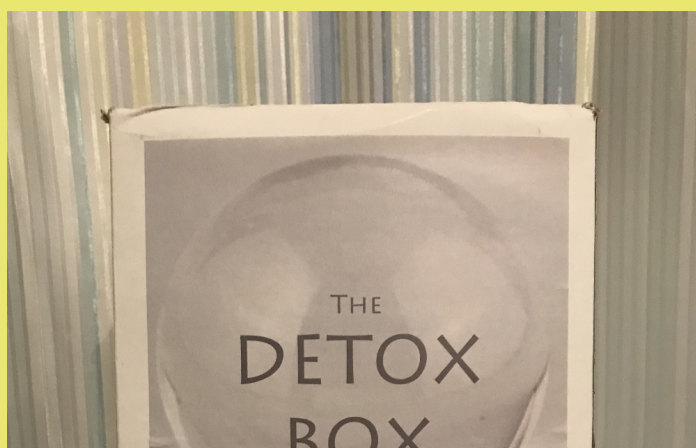
Check out my [guide to Detox](#) and find some truth behind the hype....steer clear of the pseudo-science but use this time to tidy up your eating and give your system a rest!

Yes, Detox Massage is a thing!

Martin offers individual Colon Treatments to massage the belly aiming to calm, wake up and normalise muscle tone. He offers a Detox Treatment which also works on the feet to help you feel zingy. This is a time to cherish not punish!

But why not Detox properly, and with encouragement? Take out a set of 6 weekly sessions and a "Detox Box". The Detox Box gives you the tools for daily self-care between sessions: skin brushing and self massage!

Ask me for details!



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

weekdays 8am-9pm

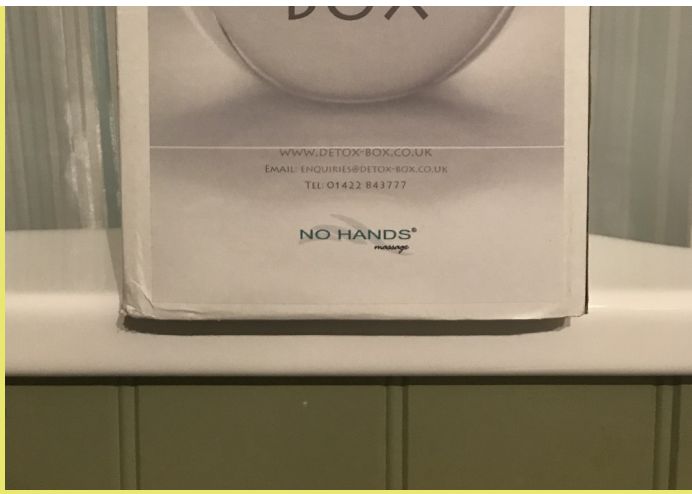
sat morns and sun eves

Holborn tuesdays and fridays

My Calendar

Click [here](#) to see my calendar

Cancellations at less than



Injury? Aches and Pains?

Check out my [Blog](#) for information and rehab advice

Maybe you are suffering from [heel pain?](#) [Rugby injuries?](#)

Or want more info on treatments for [sprains and strains?](#) Or [Trigger Points?](#)

There is a wealth of information to explain your health and how my practice can help you

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**



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