

Check out my FEBRUARY newsletter - with links to a great new RESOURCE LIBRARY with Patient Advice Leaflets for you!



It's February! Are you hibernating or all fit to go?

Either way, it is good to look after yourself at this time of year! Check out my articles to help you either way



Is your back pain stopping you sleep?

Check out my Blog on Back Pain and Sleep and look in my wonderful new [Resource Library](#) for an interactive guide to helping you sleep!

Look after yourself skiing!

Are you looking forward to some snow, crisp air and flying down the slopes? Skiing can be the nearest thing to natural flying without wings! Only motorcycling comes close!

But going so fast with little protection carries inherent risks and it is good to be on top form when you go. See how massage can fit in a training programme by reading my [Blog](#), and check out my [Resource Library](#) for a Guide "6 Strategies for Avoiding Injury on the Slopes" with tips and videos to show you how



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



6 Strategies for Avoiding Injury on the Slopes

Injury? Aches and Pains?

Good food, good exercise, good rest are the universal tonics for most problems with health.

But check out my new [Resource Library](#) - it has *Patient Advice Leaflets* with general guidance on looking after yourself while exercising. There is general advice on Exercises and Stretching, and also First Aid leaflets for when things go wrong!

Use this resource - it is there for your benefit!

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!

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