



It's SPRING! Get out and enjoy it!

They say we should ramp up our activity gradually. If recovering from injury about 10% per week. It is easy to overdo it in this lovely weather!



Keep fit on the bicycle!

The weather is getting great for a ride! Look after yourself though! Check my [Blog](#) for advice first to make sure you are covering your ABCs, and a Practical Guide to keep you well and managing any aches and pains!



Treating 8 common cycling injuries!

Check out my [Practical Guide to cycling injuries!](#) I have posted detailed guides to individual injuries on my [Resource Library](#) to help you prevent or treat the 8 most common injuries linked to cycling: [burning feet](#), [achilles tendon pain](#), [knee pain](#), [IT Band Syndrome](#), [hip pain](#), [back pain](#), [hand pain](#) and [neck pain!](#)



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 tues/ fris

My Calendar

Click [here](#) to see my calendar

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



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 ambience is a bonus"

My Holborn Prices go up in July - but you can keep the old prices for 6 months

From July my prices at my Holborn clinic (Tuesdays and Fridays) go up from £65 to £70 for an hour. And if you set up a standing order for monthly massage they go up from £50 to £55. But if you set up a standing order before July then you keep the old price of £50 for 6 months!

My prices in South Ealing/Brentford remain at £55 for an hour, or £45 if you set up a monthly standing order

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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