

Check out the Advice Leaflets on Headaches and what to do about them!

And How about giving vouchers to your friends for Xmas?

[View online version](#)



47% of the population experience regular headaches. But which type is yours? 130 different disorders featuring headaches have been identified, it is wise to rule out red flags like aneurisms, meningitis or malignancy. [My Blog lists the accompanying symptoms](#) which may point to a serious pathology. See your doctor if you have concerns.

Check out [my newsletter](#) about headaches which could help you self-diagnose, and read the advice leaflets about the key types: [Tension Headaches](#), [Cervicogenic ones](#) (from the neck), [Sinus Headaches](#), [Cluster Headaches](#) or [Migraine](#). Click on the highlighted text above for quick access.

Most of these are very treatable with massage and physical therapy, ask Martin what he can do to help.



Give the Gift of Massage this Xmas!



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 £70 in town and £60 in west London.

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

* Just £60 if you see me in Holborn monthly & pay by Standing Order!

* £50 in South Ealing!

** £40 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

Cancelled at least 24hrs

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. It is an ideal gift, particularly around this busy and stressful time of the year.

[I have gift certificates and gift vouchers available](#) and can work with you to find the perfect custom-solution whether the gift is for a friend or loved one.

I am a member of a [nationwide scheme of therapists](#) that will honour a voucher you buy from me, for your mum in Shetland to your sis in St Austell. Or I myself can treat your partner in London!

Contact me for details on 07710 314432

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 ambience is a bonus"

On my website my Prices went up - but regulars keep old prices until the end of the year!

The cost of everything always keeps going up, and I have to pay for the £3k I spend each year on training. However, I want to acknowledge the loyalty of my regular customers.

So, everyone that has had a standing order or paid 6-for-5 sessions in 2018 can keep the same prices until the end of the year!

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 martin.kingston1@gmail.com, [click here to unsubscribe](#).