

Happy New Year!

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..or even Years to your Life & Life to your Years!

Going on a diet is particularly difficult in cold January, but how about upping your exercise and activity levels - it will keep you warm and should help you live longer! We are not talking about New Year's Resolutions which last 2-3 weeks max, but fitting more physical activity into your life as it is....

Click on the highlighted text to check out my [Blog](#) and [Resource Library](#) where I have some leaflets to help you, whatever your current health, including ones on:

[Staying Healthy and Preventing Disease](#)

[COPD](#)

[Depression](#)

[Musculoskeletal Pain](#)

[Type 2 Diabetes](#)

[Cancer](#)

[Dementia](#)

[Falls and Frailty](#)

[Inflammatory Arthritis and Osteoarthritis](#)

[Heart Disease](#)

& the [Gold Standard Recommendations for Activity & Health](#)



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 fridays

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.

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"



Give the Gift of Massage Anytime!

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?

Not just for Christmas!

Massage is proven to reduce stress, lower blood pressure, relieve pain, reduce anxiety and promote relaxation. It is an ideal birthday gift.

It is low-carbon, promotes local business and won't sit unused on the shelf! One of the few things that feels good AND is good for you!

[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

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.

Do 2 people a favour! 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.mccloghry@gmail.com, [click here to unsubscribe](#).

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