

Hi - hopefully this newsletter should reach you better formatted now!
Forward it to a friend you know who could do with some therapy!

[View online version](#)



Hi again - I hope you have had a great summer!

I have had the all clear from my hip surgeon and want to ramp up my practice, so if you refer someone to me and they mention your name, you get £5 off your next session every time they visit! You could have cheaper or even FREE MASSAGES monthly if you recommend enough friends!
Forward them this email!

I have some news for you whether you see me in South Ealing or in Holborn:

In South Ealing we have a new Controlled Parking Zone on Lionel Road. There is no provision for paid parking. If you come to me by car you must either arrive a few minutes early and text me, so that I can open the gate to the lane which runs round the back of my house. You can park there for free. If you really don't want to bother, I have a limited number of on-road visitor passes at £1.50 for each visit. Park round the back for free! It is an adventure!

As for Holborn: I am there every Friday, and want to be there another day each week too - Tuesdays or Wednesdays. But have not got the clientele there yet to justify a block booking. If you want to see me on a Tuesday or Wednesday, suggest a day and I will check if I can go there especially to see you. You can see my calendar at www.massage-therapy-london.co.uk/calendar (save the URL to your desktop and get your very own Martin Kingston logo app!)

Contact me on 07710 314432



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

Hip Hip Hooray

The Low-down on
Hip Joint Replacements



More Physio Advice Leaflets This Month - Hip Replacement!

As you know I am building a collection of physio advice leaflets as a useful resource for my clients. This month the subject is close to my heart: Hip Replacements! If you know anyone that is contemplating surgery, this is a great reference point! Advice leaflets are available for every stage before and after surgery, with detailed physio advice for effective rehabilitation. These leaflets have been produced in consultation with expert physios, and are better than anything I got for my own rehab!

Check out my [Resource Library](#) for these and many other leaflets that could help you manage your health!

Contact me 07710 314432



by Standing Order!

* £50 in South Ealing!

* £40 introductory offer
in South Ealing! Tell
your friends!

Opening Times

weekdays 8am-9pm

sat moms 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"

Physical therapy
is fundamental
to a successful
hip replacement



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.

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

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