

Sports Massage (Deep tissue)

'Sports massage is a form of massage involving the manipulation of soft tissue to benefit a person engaged in regular physical activity. Soft tissue involves skin, muscles, tendons and ligaments. Sports massage is designed to assist in correcting problems and imbalances in soft tissue that are caused from repetitive and strenuous physical activity and trauma. Sports massage may enhance performance, aid recovery and prevent injury'.

Paine (2000) The complete guide to sports massage. A and C Black. London

L's Elite Therapy
Mobile Sports Therapists

Lucy: 07912016197
Lynsey : 07745217848



BSC, FDSC qualified

**Registered and insured
with the Federation of
Holistic Therapists**



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L's Elite Therapy

Got a sports injury that needs treatment?

Appointments/visits available at short notice,
daytime, evenings and weekends.

One off injury consultation fee £5

Treatment prices can range from £5-£30 de-
pending on treatment needed.

Rehabilitation exercises and advice available
with treatment at no extra cost.

Treatments available with L's Elite Therapy include:

- Swedish massage
- Sports massage
- Ultrasound
- Injury treatment
- Injury rehabilitation
- General sporting advice

Price List

Full Body Massage £25

(Inc arms, legs, back and chest)

Half Body Massage £12.50

(Inc one area only: arms, leg, back or chest)

Add an extra area £5

Ultra sound treatment £7

**Discounts available for
group bookings**

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