

## OPENING HOURS

For Sports and Occupational  
Injuries plus Therapeutic  
Massage

**SHAUN LOVELESS**  
**MHSFT, MIGHT, ITEC, DIP**

Available **Wednesdays**  
and **Fridays**

Flexible hours

Please phone to arrange an  
appointment

**Mobile: 07779 458475**

**Reception:** 07779 458475

## Cancellation policy

24 hours notice is required or  
client will be liable for the total  
cost of appointment

**Based at:**  
**Innerspirit Holistic Centre**

[www.innerspiritholisticcentre.com](http://www.innerspiritholisticcentre.com)

## Sports Injuries, Sports and Body Massage.



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## Price List

### SPORTS, OCCUPATIONAL INJURIES AND REHABILITATION

From those little niggles to major injuries, the sooner you receive treatment the quicker you will be back enjoying your favourite sport

As our work gets more demanding, it increases the risk of injuries such as: RSI, Back pain and postural problems

**INJURY TREATMENT**  
Treatment Session      £32

### SPORTS AND REMEDIAL MASSAGE

Deep tissue massage that helps to eliminate the waste products that causes soreness, breaks down adhesions, increases blood flow and speeds recovery

Full Body	£45
Back, neck and Shoulders	£32
Legs	£32



### THERAPEUTIC MASSAGE

A totally relaxing massage which alleviates stress and tension throughout the entire body

Full Body	£39
Back, neck and shoulders	£28
Legs	£28

- Gift Vouchers available
- Hot/cold packs      £6
- Knee, ankle, elbow, wrist and thigh supports      £5