**Can you please replace this content? It’s now been proof read.**

**Sports and Deep Tissue Massages**

Sports and deep tissue massage address issues such as back and shoulder pain, neck ache, sciatica, overuse syndrome, tension headaches and postural imbalances. These treatments are intensive and involve stretching, mobilisation and manipulation of the fascia that envelopes the muscles. Regular sessions can help release tension and improve posture.

Many of my clients experience tension in the neck, shoulders and lower back, often caused by poor posture in an office environment or inadequate ergonomic setup and limited movement while working from home. I offer advice and my treatments often provide immediate relief from discomfort.

**Therapeutic Massage**

With Therapeutic massage, I approach your body holistically. I use similar techniques as in deep tissue massage, but the strokes are gentler and slower aimed at releasing both physical and emotional tensions.

This type of massage embodies the true essence of what a massage should offer. By the end of the session, you should not only feel relaxed in your muscles but also experience lifted energy and improved mood.

**Pregnancy Massage**

Pregnancy massage offers the same benefits as a regular massage. Quite simply, your “Feel Good” massage. Its primary purpose is to relax muscles, ease tension and improve circulation. Many women experience shoulder, neck, hip and lower back pain during pregnancy due to changes in their centre of gravity and the loosening of pelvic ligaments and joints.

During the treatment, you will be positioned carefully to ensure optimal comfort and benefit. For instance, while treating your back you will be placed on your side with ample support to ensure safety and comfort for both you and your baby.

A belly massage is performed only upon your request. If at any point during treatment you feel discomfort, please inform me, and I will adjust the pressure accordingly.

Prenatal massage is safest after the first trimester and can be beneficial up to and even beyond your due date. This natural massage can also be given after childbirth. In the case of a C-section, it's essential to ensure complete healing of the scar tissue before receiving a massage.

**RAPID NeuroFascial Reset**

RAPID NeuroFascial Reset is a quick and effective technique that addresses tension and restrictions in the body by targeting the central nervous system. It can be used by all healthcare professionals to alleviate pain in patients. Conditions that can benefit from RAPID include headaches, back pain, carpal tunnel syndrome, and more. By targeting the body’s perception of threat and danger, RAPID guides the brain to a state of safety, thereby reducing pain and restrictions. The technique uses nociception and movement to induce a combination of descending inhibition and vasodilation, resulting in immediate and lasting pain reduction. Additionally, RAPID can assist in addressing old injuries by eliminating neuroimmunological factors and desensitising the nervous system. Treatment involves hands-on palpation and specific patient movements. While some sensations may be uncomfortable, they lead to restored function. RAPID is chosen for its prompt response and effectiveness in treating both acute and chronic conditions. Each session lasts 30 minutes and can be conducted with the client fully clothed.

**Massage Therapy Prices for Active Therapy Zone in East Dulwich and Greenwich**

Welcome to the rejuvenating world of Active Therapy Zone, where wellness meets tailored care in the heart of East Dulwich and Greenwich. I am dedicated to enhancing your physical well-being through a range of specialised massage services tailored to meet your individual needs. Whether you’re looking for the revitalising touch of Sports and Deep Tissue Massage, the soothing benefits of Therapeutic Massage, the gentle support of Pregnancy Massage, or the innovative Rapid Neurofascial Reset, I’ve got you covered.