

Pure Recovery

Sports Massage Therapy

I'm a qualified Sports Massage Therapist. I've taken part in sport all my life, and have had first hand experience of sporting injuries. I would like to help competitive athletes and fitness enthusiasts alike to benefit from Sports Massage Treatments to ensure you continue with your sporting career.

Why not book in a sports massage treatment session now to ensure that you continue with your new fitness regime all through the year, injury free. Whether you are training for the London marathon, Sportive Cycling challenges or just keeping fit, you will benefit from having regular sports massages. If you haven't tried one yet, give your body a treat.

Benefits of sports massage

- *speeds up the healing of damaged or overworked tissue and muscles, reduces recovery time
- *increases fitness capabilities and performance potential
- *prevents future injury by treating current muscle weakness
- *post event massage helps clear out waste toxins eg lactic acid from muscles, reducing stiffness and enabling faster recovery time than post event rest
- *massage helps break up adhesions thus improving muscles suppleness and mobility
- *enables muscles and joints to heal faster after injury, reducing stiffness and enabling faster recovery time than post event rest



Initial assessment

When you come for your first treatment I will take a confidential case history and discuss any reasons why sports massage may be inappropriate for you, if you have an infection for example. In most cases, sports massage will prove to be extremely beneficial.

How long will it take?

The first session will last approximately one hour to conduct a full case history and first session of treatment. Follow up treatments usually last 30 minutes or up to one hour for a full body massage.

What shall I wear?

Towels are used to cover you. Your modesty is considered at all times. Normal underwear is fine, you may wish to wear a pair of shorts for leg treatments.



Venue

My treatment room is at Plas Madoc Leisure Centre, Acrefair. However, I can come to your sporting venue if appropriate for pre and post massage treatments. Give me a call to discuss your requirements.

Cost

Please telephone or email for a quotation.

Bookings

I'm available for bookings during the day, evenings and weekends. To book an appointment or discuss your requirements please contact:

Delyth Jones,
Sports Massage Therapist
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<https://twitter.com/#!/delythanjones>