



## **Whalley Sports Massage**

We offer bespoke treatment plans to suit client needs, whether that's to address the occupational stresses or strains caused by the rigours of your job or as a sports person looking to avoid or recover from injury, or when preparing or recovering from an event.

Sports massage is a more intense form of massage to relax muscles and address longer term postural issues.

Our experienced therapists have an in depth knowledge of anatomy and physiology and are members of the Sports Massage Association, so they really know how to resolve muscular and postural issues.

We offer a substantial discount to members of Lancashire Constabulary Sports and Wellbeing Club

1 hour appointment £35  
Monday to Friday 8am to 9pm  
Saturday 9am to 12 noon  
Sundays upon request

### **Contact**

Phone 07710 412 661  
E-mail [wsmassage@btinternet.com](mailto:wsmassage@btinternet.com)

Please use reference LCSWC upon booking and show your police pass (if serving) at the appointment