**A person massaging a baby

Description automatically generated with low confidenceHealthy Muscles**

**E D Y T A J A M E S**

Experienced Qualified Insured

**BENEFITS OF MASSAGE**

Massage can help to release chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote the faster healing of injured muscular tissue, improve posture, and reduce blood pressure. Massage is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being.

* Relieves pain and improves range of motion.
* Recent studies show that lower back pain and sciatic pain are far more likely to originate in muscles than in vertebral disc problems.
* Makes your immune system stronger by stimulating lymph flow—the body's natural defence system.
* Exercises and stretches weak or tight muscles. It can stretch muscles that might not be able to be stretched by the usual methods.
* Helps athletes of any level prepare for, and recover from, strenuous workouts.
* Improves the condition of the body's largest organ—the skin. Increases regeneration of cells, visibly tones and smoothes skin. Regular massage can help reduce cellulite.
* Promotes tissue regeneration, reducing scar tissue and stretch marks. Scar tissue is the result of previous injuries or trauma, and it can lead to inflexible muscles that are prone to injury and pain.
* Increases joint flexibility.
* Lessens depression and anxiety.
* Pumps oxygen and nutrients into tissues and vital organs, improving circulation.
* Reduces spasms and cramping.
* Relaxes and softens injured, tired, and overused muscles.
* Relieves migraine pain
* Releases endorphins—amino acids that work as the body's natural painkiller.

**MASSAGE - WHAT TO EXPECT**

I always complete a detailed consultation form before the first treatment begins, so I am aware of your medical history and can make sure that safe treatment can be used. If you are under a doctor's care, please consult your doctor first to see if massage is suitable for your condition. We will then discuss the desired outcome of your session. This will determine which parts of your body require massage.

Your massage will take place in a warm, comfortable room. Soft music may be played to help you relax. You will lie on a heated table especially designed for your comfort. Most massages are traditionally performed with the client unclothed down to underwear; however, it is entirely up to you what you want to wear. You should undress to your level of comfort. I will leave the room while you undress, so you can relax onto the table, and cover yourself with a clean towel. You will be properly draped during the entire session to keep you warm and comfortable. Only the area being worked on will be exposed.

I will be using the finest massage oil, created by using pure essential oils blended with organic cold pressed sweet almond base oil. I could also use pure coconut oil or grape seed oil if you wish. If you have any allergies to these, you should let me know, and also state on the consultation form.

I have also UPDATED my massage bed for a state of art, top-of-the-range table with extra thick 6.5cms high density multi-layered foam, covered with Super soft SKIN-TOUCHTM luxurious PU upholstery. It has a super comfortable, extendable and adjustable head support with face cushion (12cms thick foam) and armrest. This professional grade table is designed to be wider in the client's shoulder and foot area to offer them maximum comfort.

 What to expect after massage?

* You could feel very sleepy, tired and a bit ‘out of it’ afterwards - this is completely normal.  Try to take it easy and relax for the rest of the day. This will continue the treatment and allow the body to settle and rebalance. Listen to your body, take a nap or get in bed early if you feel like it.
* You may feel sore the next day - this could last for a few days. Why? It all depends on your fitness level, condition of your muscles and depth of the massage. Massage is a sort of passive exercise - I am moving your muscles and this is why you may feel sore - a bit like after a gym session. The best results are 48 hours after massage.

Diet advice after treatment:

* Drink plenty of water to help flush out the toxins that have just been released from the tissues. Drinking extra water helps reduce soreness and fatigue after massage and improves energy levels preventing dehydration and headaches. No, water in tea, coffee and soft drinks doesn't count!
* Avoid alcohol, smoking and excessive tea or coffee drinking as these dehydrate you.
* Avoid eating a heavy, spicy meal after the treatment, this will allow your body to concentrate on natural healing and encourage detoxification.

Lifestyle advice:

* Exercise - Try and carry out a few gentle stretches and breathing exercises in the days following your massage to encourage your muscles to stay supple and relaxed.
* Take a bath - A nice warm bath with bath salts is very soothing the day after a massage. Please note that I said warm and not scalding hot!
* Book regular massages - take care of yourself and your body will love you back. Regular massages not only make you feel great but they are a good way to keep your body healthy and prevent injuries
* Have a look at your lifestyle. Are you trying to fit in too much? Can you find some ‘me’ time. Try to allocate some time every day for yourself, doing something you enjoy. Is there something you have always wanted to try, but never got around to? Why don’t you think about taking it up now?

**TREATMENTS**

None of the treatments are exclusive to themselves; the beauty of having more than one skill is that they can be combined together to give you the best overall treatment for your needs.

I don't think there's a better gift than giving someone a pain relief treatment, some time to themselves, to stop and reset. It is a wonderful and very loving gift and is even more special with my beautiful Gift Vouchers printed on pearl high quality paper. **Gift Vouchers** allow people to choose a treatment option that suits them best and it’s valid for 1 year.

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**SPORT, REMEDIAL AND INJURY REHABILITATION MASSAGE**

Although Sports Massage is often thought to be for people who push their bodies through strenuous exercise, this is not the case. If you have a physically demanding job, are stuck at a desk all day or running around after children, sports massage will also benefit you.

The unique combination of massage and professional advice could help you to see lasting improvements in the quality of your life. They could even help you return to activities you may have abandoned some time ago. It is beneficial for people of any age, fit or unfit, suffering from chronic pain, repetitive strain as well as recent injuries.

It starts with a posture analysis to see where areas of tension lie in the body. My aim is to locate these areas and by using advanced manipulation techniques to then breakdown the scar tissue and adhesions - “knots”. It will allow your body greater movement and flexibility and restores muscles back to their prime fitness. Release of old tensions aids the elimination of toxins and helps to ease the painful areas, so the body feels renewed and more relaxed.

Where the body has suffered an injury, it often develops a secondary tension as other muscles must work harder to support the injured area. Untreated injuries either from sports, sitting at a desk or driving can lead to chronic muscle tension. Chronic muscle tension is usually caused by bands of painful rigid tissue known as adhesions which can block our circulation, causing inflammation and limiting our movement. Deep tissue massage aims to physically break down these adhesions which relieves pain and restores normal movement as well as releasing chronic patterns of tension in the body.

Every body is an individual, whilst there are probable outcomes, no two bodies will injure in the same way, repair in the same way or recover in the same way. Expect the unexpected and remember there can be goals and targets, but the body will not stick to a schedule if it chooses not to, patience on the road to recovery is key.

Prices are:

60min - £45

90min - £60

Complementary free of charge cupping therapy if you choose to have them, subject to availability if not requested before treatment

To book your appointment please call 07525431743

\* Gift vouchers available

\* There is a **48hour cancellation policy** - 48hours notice for appointment adjustments or cancellations. Same day cancellations will be charged 50% of the price. No show is charged full price.

\*I supply official receipts for a Health Shield Claim

\*Cardiff University staff discount - £5 off your first 60min appointment.

**MYOFASCIAL CUPPING THERAPY**

Myofascial cupping is an ancient Chinese therapy dating back to 300 B.C. Initially cups were actually made from animal horns, then made from bamboo, ceramic, metal and followed by glass. We have come a long way since then. The therapy now typically involves placing plastic cups on the skin to create a vacuum using a manual hand-pump. The vacuum formed inside the cup on your skin creates an upward stretch to the top layers of soft tissue. It can have a positive effect on up to 4 inches into the muscles! Cups are applied on an affected area can be moved over the surface in a gliding motion (gliding cupping), or put on for a short time (typically just over 5 minutes) in areas of localised acute and chronic tension (stationary cupping).

How cupping works?

A myofascial cupping treatment uses a combination of massage strokes and negative pressure to lift, separate, and stretch underlying soft tissues. A vacuum created in the cup draws up the underlying tissues, warms them, stretches, and 'unglues' them. It draws up stagnant blood and other waste fluid. With these fluids being drawn away from the underlying tissues, new healthy blood is rushed to the area. This increase in circulation brings with it much needed nutrients and fresh oxygen, encouraging faster healing.

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Does it hurt?

You will feel a stretching sensation as the top layers of tissue are lifted. Some people experience warmth and perhaps slight itching sensation as circulation is drawn to the area. It's the best deep tissue massage available - and it's much less painful than the traditional version. Cupping, used with advanced manipulation techniques and deep tissue massage creates the perfect combination to target pain, muscle tension and restricted movement of your body. I will ask you if any cups are too painful and reduce the vacuum, if necessary.

Cupping marks

Cupping can leave red marks or spots for a few days which are often mistaken for bruises. These marks are caused by the blood being drawn specifically into that area by vacuum created in the cap. The depth of colour in the marks is believed to be an indicator of the levels of stagnant blood, toxins, and lymph present in the body. It is nothing to be alarmed about, they are a sign of the therapeutic benefit that the cupping is having on the body.

Cupping benefits:

* Reduces tight knots, adhesion
* Increases blood flow and tissue repair
* Increases range of movement
* Speeds up the healing process
* Good to work with neck and back pain
* Aids the lymphatic flow
* Reduces fluid build-up
* Reduces cellulite

Prices are:

60min - £45

90min - £60

Cupping therapy is complementary, provided free of charge with your treatment if you choose to have them, subject to availability if not requested before treatment

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**SWEDISH MASSAGE**

Massage has been practised as a healing therapy for centuries in nearly every culture around the world. It helps relieve muscle tension, reduce stress, and evoke feelings of calmness. Swedish massage is the most commonly used form of massage.

Swedish massage uses a system of long, gliding strokes, kneading, and friction techniques on the more superficial layers of the muscles, generally in the direction of blood flow toward the heart. It is used to promote general relaxation, improve circulation, and range of motion, and relieve muscle tension. It also contributes to the detoxification process, which speeds up the rate at which cells eliminate waste in a process which involves flushing the lactic acid, uric acid and other waste products from the tissues. Additionally, it stimulates the skin and nervous system and exercises the ligaments and tendons to ensure they are kept supple. The entire process can be extremely relaxing and is championed for its ability to reduce both emotional and physical stress. Gentle massage stimulates sensory nerve endings in the skin, which transmit messages through the nervous system and cause the brain to release endorphins.  These are the body's natural painkillers, feel-good chemicals that create a sense of well-being.

We usually start with you laying on your back, face up. I massage your neck and shoulders, both arms and finish with the front of each leg. When done I hold the towel up while you turn over onto your front with your head in a u-shaped face cradle, so your spine stays neutral. I continue then by working on the back of each leg, moving to your back and finish by placing a steamed towel on your shoulders.

Prices are:

60min - £45

90min - £60

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**INDIAN HEAD MASSAGE**

Indian Head Massage is the treatment that surprised me the most, because it is very powerful and effective even when using gentle techniques. This massage has been a part of traditional family life in India for over a thousand years. The effect is not just physical: it works on an emotional level too, calming the mind, promoting relaxation, and relieving stress. Indian Head Massage will help you to fight insomnia and disturbed sleep, it will release you from anxiety and help you with depression.

The massage usually begins with the upper back, where a combination of deep kneading and compression movements help to relax your muscles. Moving through the shoulders and upper arms, I will release the common spots of stress and then I concentrate on your neck where tension accumulates. Gentle manipulation to your scalp will relax and revive the whole of your head. Indian Head Massage increases nourishment to the hair follicle, which will make your hair stronger, healthier and shinier. It will also promote hair growth. Finally, the treatment includes a gentle face massage with techniques that will help your skin tone and help alleviate sinus and headache problems.

Prices are:

60min - £45

90min - £60

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**HOT STONE THERAPY**

Hot Stone Therapy is a speciality massage where the therapist uses smooth, heated stones as an extension of their own hands. The heat is deeply relaxing and helps to warm up tight muscles so the therapist can work more deeply, more quickly.

Before you arrive, I sanitise the stones and heat them up in bath of hot water. The stones themselves are usually basalt, a black volcanic rock that absorbs and retains heat well and have been smoothed by natural forces in the river or sea.

The treatment starts with a traditional Swedish massage using oil; stones are then introduced in various combinations and patterns to specific areas of the body depending upon the needs of the client. The overall treatment has the beneficial effects of increasing circulation and lymph drainage, which improves cell and physical metabolism as well as producing a deeply relaxing, meditative state. The whole experience creates an optimum healing environment and helps the body to rebalance. As the stone cools, I replace it with another. I use many stones of various shapes and sizes - big ones on the big muscles, smaller ones on small etc.

I may also leave the heated stones in specific points along your spine, in the palms of your hand, on your belly, or even between your toes to improve the flow of energy in your body. Many therapists believe that the stones themselves have an energetic charge and healing properties.

Prices are:

60min - £55

90min - £70

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**ANTI-CELLULITE CUPPING MASSAGE**

With vacuum cupping massage you can very effectively reduce cellulite as well as helping in the removal of muscle fatigue and muscle pain. Massage therapist uses a suction cup instead of fingers to ease rigid soft tissue, drain excess fluid and toxins, stimulate blood flow - all with the aim of reducing the bumpy areas on your bum, tummy and thighs. Skin feels smoother than ever and looks radiant, more toned and taut. Muscle definition is improved.

The most important aspect of the treatment is that it relaxes the fibrous connective cords that actually are the cause of cellulite! I will be using the finest massage oil, created by using pure essential grapefruit oils blended in organic cold pressed sweet almond base oil. Grapefruit essential oil is well known from its anti-cellulite properties not to mention amazing scent.

You can see visible effects after the first session!

Prices are:

60min - £45

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**COVID**

If you are nervous about booking an appointment, please read this update to help me reassure you. I will do everything I possibly can to keep you safe and relaxed at your treatment.

The advantage of my industry, over many others, is that because I do work in close proximity to my clients, I have covered training in health & safety requirements and infection control when I first qualified. Good hygiene practices always have been and always will be a natural part of all treatments I offer. When COVID appeared in our lives I updated my risk assessment, completed extra training and added extra precautions to ensure I am following the Welsh Government’s guidance for my industry.  I am self-employed and my business is small, so it is easier to manage cleaning and hygiene.  I am the one conducting risk assessments and the one responsible for cleaning and disinfection, and the only one using the room so it is easier to make sure everything is clean and safe for you.

Although our lives have returned to a relative ‘normality’ again and COVID restrictions are lifted I am happy to wear a mask if it makes you feel more comfortable. Please ask when you book your treatment, or when you arrive.

I have attended two online courses about prevention of spreading COVID-19, one of which was a certified and accredited qualification by the Federation of Holistic Therapies (FHT). I am also in the process of completing a 'Mental Health and Wellbeing' course to be able to support my clients more and help us face the situation; we all struggled with lockdown one way or another.

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**CONTACT AND PRICES**

The cost of treatment largely depends on the amount of time you book. The only difference is with the Hot Stone Therapy - it is more expensive as it takes time to sanitise and warm up the stones.

60min - £45

90min - £60

Hot Stone Therapy - £55 and £70

Save yourself £5 off your next 60min treatment. Simply leave a review on my Google account 'Healthy Muscles - Massage Therapy in Newport' by clicking  this link: [Google](https://l.facebook.com/l.php?u=https%3A%2F%2Fg.page%2Fr%2FCe_kY32JmD-nEAg%2Freview%3Ffbclid%3DIwAR2oAVUPuxMZKy7s29Iki_zjh2MhNjDyPYAomJwNb5fUTSyOJcXlIRRQX0g&h=AT1LxKgeisy01DwCz23nGn7s8_8_uQtmEOkyHegUc0sC0h1VlVXHCO71JGSJ89UFKwW8S13nff6WrsbuMNIIIFgqJobR0KWjvpaFqSP_I4PXo9Xw92IjtXG1LXqmGGoXmarO2A)

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**\*\*\* Healthy Muscles - Massage Studio in Newport, Allt-Yr-Yn Close \*\*\***

A room with a massage table and couch

Description automatically generated with low confidence

 To book your appointment call me on: 07525431743

 I aim to be very flexible with my time to suit you, so please call me on 07525431743 and ask for available slots.

Mondays 10am -2pm & 4pm - 8pm

Tuesdays 5pm - 8pm

Wednesdays 10am - 2pm & 5pm-8pm

Thursdays 5pm - 8pm

Friday 5pm - 8pm

Saturday 9.30am - 1pm

**Cancellation Policy:**

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Privacy Policy:

From 25th May 2018, the new Data Protection Act 2018 came into place, and I need to inform you what data I hold about you, why I need it, what I will be doing with your data, who I might share it with and when I will destroy it.

What information do I hold, why do I have it and who might I share it with?

Currently I hold appointment records, completed consultation form and treatment records with your details. These include your name, date of birth and various means of contacting you.

Personal data

Phone / mobile number, email address – these are all required so I can contact you.

I will collect your consent at your first appointment.

I will also ask if you consent to us using your details to contact you and send you a news update or offer.

Health Related Data

Consultation Form – all clients/patients must complete a consultation form so I have a full understanding of your medical and health history. This is needed for insurance reasons, but mainlyto check if it is safe to treat you. It also helps me understand what medical issues you have and how best I can treat you.

Treatment will not go ahead unless I collect and store these details.

At your first appointment I will collect your consent to me holding these details.

Treatment Records – these are notes detailing what Ihave found in assessments, what treatment I have given you and how you felt immediately after that treatment. Treatment will not go ahead unless we collect and store these details.

At your first appointment we will collect your consent to us holding these details.

It is a condition of my Insurance Policy to take and retain client records for at least 7 years following the last occasion on which treatment was given. In the case of treatment to minors, records shall be kept for 7 years after they reach the age of majority (18).

I may need to share your data with authorised legal, regulatory and insurance authorities. This will be the professional membership body I am registered with and the insurance company I hold my professional indemnity insurance with.

After 7 years following the last occasion on which treatment was given, I will destroy all of your records by shredding or burning them.

How and where do I hold your data?

All Consultation forms and Treatment records are kept in a secure drawer within my massage studio. Only I have access to these records and I will take all appropriate steps to protect the confidentiality, integrity, availability and authenticity of your data.

Your Individual Rights under the Data Protection Act 2018.

You have:

• the right of access to your personal data;

• the right to object to the processing of your personal data;

• the right to restrict the processing of your personal data;

• the right to rectification of your personal data;

• the right to erasure of your personal data;

• the right to data portability (to receive an electronic copy of your personal data);

My Rights

In exercising your Individual Rights, you should understand that in some situations I may be unable to fully meet your request, for example if you make a request for me to delete all your personal data, I may be required to retain some data for taxation, legal, regulatory and insurance purposes.

You should understand that when exercising your rights, a substantial public or vital interest may take precedence over any request you make. In addition, where these interests apply, I am required by law to grant access to this data for law enforcement, legal and/or health related matters.

Complaints

If you are dissatisfied with the way in which I process your personal data, you have the right to complain to the UK’s Data Protection Supervisory Authority, the Information Commissioner’s Office (ICO). The ICO may be contacted via its website which is https://ico.org.uk/concerns , by live chat or by calling their helpline on 0303 123 1113.

How to contact me

If you have any questions regarding the use of your data and your Individual Rights, please contact me on 07525431743 or healthymuscles.newport@gmail.com