

Sports Massage Clinics

Open Now!!!

Our Sports Therapy Students are ready to welcome clients into clinic sessions to support their training and experience. These sessions are also an opportunity for them to be assessed in support of their qualification and we appreciate your help with this.

Our clinics provide treatment for pre-event sport massage (preparing for physical activity participation/sporting events), post-event (after the participation in physical activity/sporting events) and general maintenance with a focus on specific areas of concern.

Treatments include a full body sports massage inclusive of legs and full back, neck and shoulders (1hr) £10

Or

Half body treatment inclusive of legs or back, neck and shoulders (30mins) £5

Clinic times:

From 3rd December - Tuesday: 9.30-10.30, 10.45-11.45

From 14th November - Thursday : 13.30-14.30, 14.45-15.45

To book, please contact Plaza Hair and Beauty

hastings.salon.reception@escg.ac.uk

03030039399