



**Stressed?
Tense?**

Need to take some time for yourself? Want something to supplement your training programme to increase your performance? We have the answer.

Massage can help release tension and waste build up in muscles to relieve pain and help them work at their optimum level, reduce the risk of injury and decrease delayed onset muscle soreness.

COMBAT SPORTS

Are you currently training for a fight or tournament?

Do you want to speed up your recovery time?

Do you want to relieve muscular tension, aches and pains?

Sports/Deep Tissue/Therapeutic Massage

Dry Needling

K-Taping

SPECIAL OFFER: \$10 discount on all appointments for the 6 weeks leading up to your event including 1 week post-event

No limit on number of appointments during this time
Subject to availability of appointment times, and with proof of event.

Yvette Parris

Massage Therapist

027 487 8719

mymassageplace@hotmail.com

5/44 Clarence St South,
Addington, Christchurch 8024

