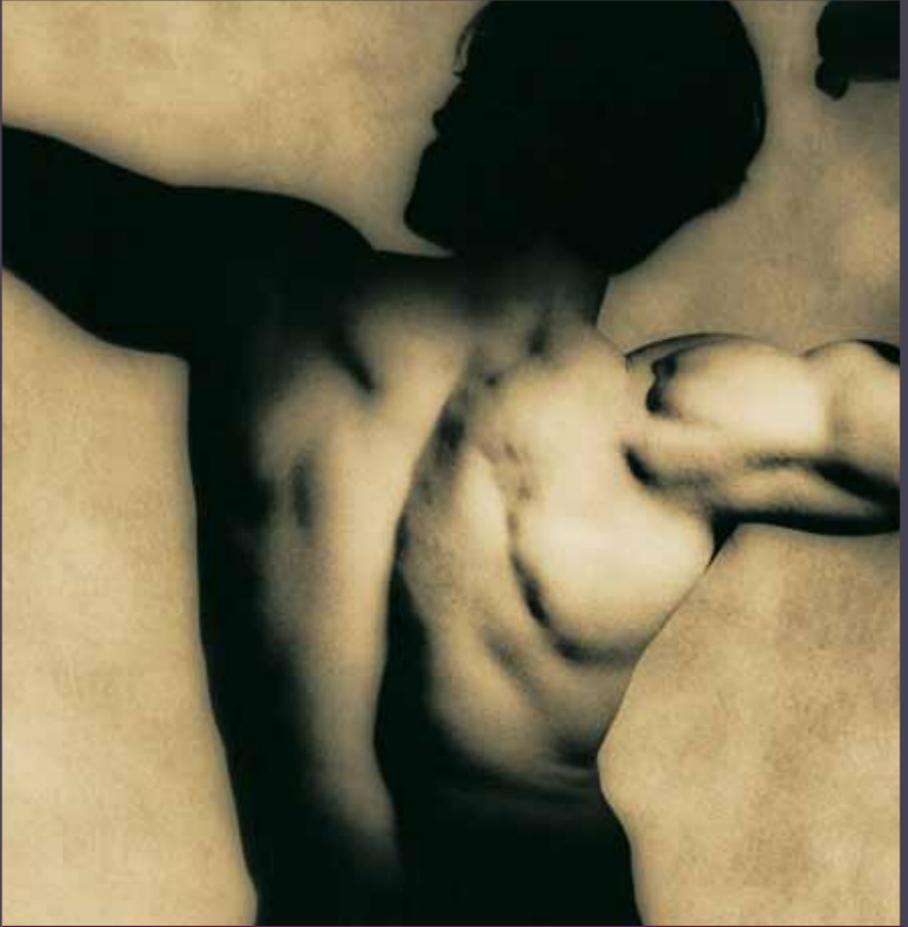


# Paul White

Sports, Remedial and Holistic Massage Therapist  
MISRM, DipThaiMast



Sports Massage

Thai Yoga Massage

Hot Stone Massage

Seated Acupressure Massage

Paul White Deep Tissue Massage  
improving YOUR wellbeing

## About Me



# Paul White

Sports, Remedial and Holistic Massage Therapist  
MISRM, DipThaiMast

I am a passionate and diligent therapist with a wide range of skills which I constantly update in the realisation that every body responds differently to different treatments. The more

knowledge I have - the more tools I can use to improve or maintain peoples' health, mobility or performance.

I have been doing bodywork for a number of years and am a qualified Thai Massage (Master Practitioner), having trained at the highly acclaimed oriental Bodyharmonics Centre in Cheltenham.

I am also a qualified Sports Massage Practitioner (ISRM Level 4), trained in Loughborough at Active Recovery as well as a qualified Hot Stones Massage Therapist trained by Penny Price.

I love the one to one aspect of getting to know someone and being with them on their journey to improved wellbeing.

if you do have ANY questions relating to the treatments please don't hesitate to call or contact me to make a booking

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Paul White Deep Tissue Massage - improving YOUR wellbeing

# Sports Massage

## The Benefits

Sports Massage plays an important part in the life of any sportsman or woman whether they are injured or not. It also provides many physical, physiological and psychological benefits to the wellbeing of any individual.

Massage can :

- Maintain the body generally in better condition
- Prevent injuries and loss of mobility
- Cure and restore mobility to injured muscle tissue
- Boost performance
- Extend the overall life of your sporting career

## Physical effects of Massage

- **Stretching** - Massage can stretch tissues that could not be stretched in the usual methods. Bundles of muscle fibres are stretched lengthwise as well as sideways. Massage can also stretch the sheath or fascia that surrounds the muscle, so releasing any tension or pressure build up
- **Break down scar tissue** - Scar tissue is the result of previous injuries or trauma and can affect muscle, tendons and ligaments. This can lead to inflexible tissues that are prone to injury and pain
- **Improve tissue elasticity** - Hard training can make tissues hard and inelastic. This is one reason why hard training may not result in improvements. Massage helps reverse this by stretching the tissues

## Physiological effects of Sports Massage

- **Pain reduction** - Tension and waste products in muscles can often cause pain. Massage helps reduce this in many ways including releasing the bodies endorphins
- **Relaxation** - Muscles relax through heat generated, circulation and stretching. Mechanoreceptors which sense touch, pressure, tissue length and warmth are stimulated causing a reflex relaxation

## Psychological effects of Massage

- **Anxiety reduction** - through the effects mentioned above relaxation is induced and so reduces anxiety levels
- **Invigorating** - if Massage is done with brisk movements before an event then this can produce an invigorating feeling

# Thai Yoga Massage

## What is it and how does it work?

The exquisite stretches of Thai Massage

- eliminate tension
- improve flexibility
- enhance sports performance
- maintain a pain-free healthy body

Thai Massage therapy is performed on the floor on your clothed body. It is designed to stretch every accessible muscle, and is a highly effective therapy for treating a range of conditions of the musculo-skeletal system such as lower back pain, sciatica, fibrositis etc.

## Thai Massage and sports injuries

Most sports injuries involve damage to muscle fibres, myofascia or tendons and they are commonly caused by overuse of muscles that are not functionally balanced with other muscles in their group and with their antagonists.

Thai Massage therapy enables every individual muscle to assume its normal relaxed length when not contracting.

When injury does occur the controlled stretches and manipulations in Thai Massage have an unrivalled ability to speed healing and restore pain-free function compared with Western Sports Massage.

Sports Thai Massage provides maintenance that muscles need, improving performance by reducing the risk of injury for athletes and dancers during their training.



# Seated Acupressure Massage

## What is it and how does it work?

Seated acupressure Massage is a gentle, non-invasive treatment carried out on the back, neck, shoulders, arms and scalp in an specially designed Massage chair.

Seated acupressure Massage starts with a full consultation to determine your needs, after which you will relax into an ergonomically designed chair, fully clothed as I Massage your back, shoulders, arms, hands, neck and scalp. A variety of movements are used to relieve muscular knots, increase the circulation and stimulate the nervous system. At the end of the treatment you will be given some time to waken, a glass of water to drink and an evaluation of the treatment.

## How does it work?

Seated acupressure Massage works by stimulating the acupressure points of the back, shoulders, arms, hands, neck and scalp, to improve energy flow through the body and to balance and strengthen the muscular, circulatory and nervous systems. The Massage reduces tension, increases circulation and promotes rejuvenation whilst encouraging the body to relax deeply.

## How will it help me?

Symptoms alleviated by this Massage include:

- Backache, Headache, Migraine
- Fatigue, Irritability
- Sinus problems, Eye strain
- Insomnia
- Repetitive strain injury
- Digestive disorders



# Hot Stone Massage

## What is it and how does it work?

Specially handpicked volcanic rocks are heated and used by me to massage your aches and pains away using a technique called effleurage and petrissage. Pain and fatigue are alleviated providing deep relief to your body.

Calm alternating hot and cool volcanic rocks are extremely effective in releasing tight tense muscles and improve your confidence and sense of wellbeing.

When Hot Stones Massage is being applied it makes contact with your returning blood supply and helps remove toxins which can cause pain, discomfort and sluggishness. Removing this normal metabolic waste in the body will also help reduce cellulite build up and help keep your muscles toned.

## The benefits of Hot Stone Massage

- Deep relaxation, the warmth relaxes both physically and mentally
- The heat from the stones is transferred to the body by conduction and it may reach up to 3cm into the muscle
- Stress is reduced, relieving mental and physical fatigue
- Circulation is improved and muscles have an increased blood supply, improving function
- Toxins and waste are eliminated more quickly
- The warmth can relieve pain in muscles and joints

## The benefits of cold/cool stone Massage:

- Refreshes and stimulates the mind
- Helps to relieve tissue congestion (such as the sinuses)
- Soothes irritation
- Cools down the body on a warm day or during hot flushes.
- Alternating the hot and cool stones helps every cell in the body to receive more oxygen & nutrients and encourages more effective removal of toxins.

