

About us

Why Therapy2Massage?

When I started, I wanted to identify as filling a gap, we want to try and treat people as a whole and our primary focus is health and wellbeing hence it is more than massage.

Due to ill health, I sort out different therapies when conventional ones presented issues with medication and also never felt like the cause of the ill health was not treated just the ill health so as to leave me feeling in limbo. These days I do not take loads of medicines, but I do exercise, watch my diet, and get treatments when needed. I have found what works for me and so have first-hand experience of dealing with a fair number of issues and the effects, which is very different from being taught something but never experiencing it yourself.

Because of this I wanted to be there for anyone else that thought they need to try something different.

Please note we will never tell you to stop taking your medication or going against what the doctor has told you, but we will encourage you to try different things and help you find research on your issue. Then you can speak with your doctor about changing your medication.

We can't promise that your condition will be fixed we would hope that we make it manageable for you at the very least, if we think you need help that we can not provide we will tell you.

We sit between the massage therapists and the physiotherapist, dealing with injuries and conditions as well as general massage.

We will deal with musculoskeletal (**MSK**) and lymphatic problems pre and post op or general.

MSK services include: Shoulder; elbow; wrist; back; hip; knee; ankle and foot problems.

Lymphatic deals with lymphoedema, oedema (swelling) and on a simpler scale detox.

Yes, we have to charge as being registered, insured, trained, and having all the equipment available does not come cheap.

Who are we registered with:

CNHC for Massage and Sports Therapy

Sports Therapy Organisation

Federation of Holistic Therapists

About us



FHT

SPORTS MEMBER



FHT

COMPLEMENTARY THERAPY MEMBER

Therapy2Me