

Special Combination deals

Back & shoulder massage combo

A deeply relaxing back massage using Swedish and deep tissue techniques, to ease away stress and muscular tension.

35 mins £30

Ultimate relaxation combo

A very popular treatment for those who require massage for tight shoulders, but also desire reflexology for pleasure & stress relief.

50 mins £40

Leg & foot circulation combo

A powerful combination of reflexology, active stretching, massage and lymphatic drainage to improve circulation, sensation and to reduce oedema. Recommended for diabetics!

50 mins £40

Stiff leg & hip combo

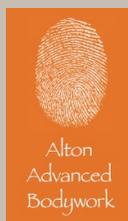
An effective combination of deep tissue, Thai massage and advanced sports stretching to reduce leg & hip stiffness, improve suppleness and enhance sporting performance.

65 mins £50

Call 01420 89600
to book your consultation & treatment

Conditions I may be able to help:

- Back pain, sciatica & piriformis syndrome
- Chronic & myofascial pain
- Headaches and migraines
- Muscular pain and/or tension
- Joint pain, stiffness and arthritis
- Pain from ruptured (slipped) discs
- Sports/activity injuries (sprains & strains)
- Neck pain and whiplash
- Frozen shoulder & torticollis
- Trapped nerves and facet joint irritation
- Postural problems (kyphosis, lordosis & scoliosis)
- Carpel tunnel syndrome and all RSIs
- All stress-related health problems
- Tendonitis, fasciitis and neuralgia
- Menstrual & endometriosis symptoms
- IBS, constipation and digestive problems
- Fibromyalgia, low mood & lack of vitality
- Shoulder impingement & rotator cuff injury
- Scarring and post-operative problems
- Chronic illness & body system problems
- Chronic ear, sinus and dizziness problems
- Pelvic & abdominal pain/problems
- TMJ pain, bruxism & bell's palsy
- Shin splints & calf pain
- Runners knee & patellofemoral pain
- Restless leg syndrome and muscular cramping
- Disability and elderly treatment



t 01420 89600

e klark@altonadvancedbodywork.co.uk

www.altonadvancedbodywork.co.uk

Alton Advanced Bodywork, Compleet Feet,
5a Normandy Street, Alton, Hampshire, GU34 1DD

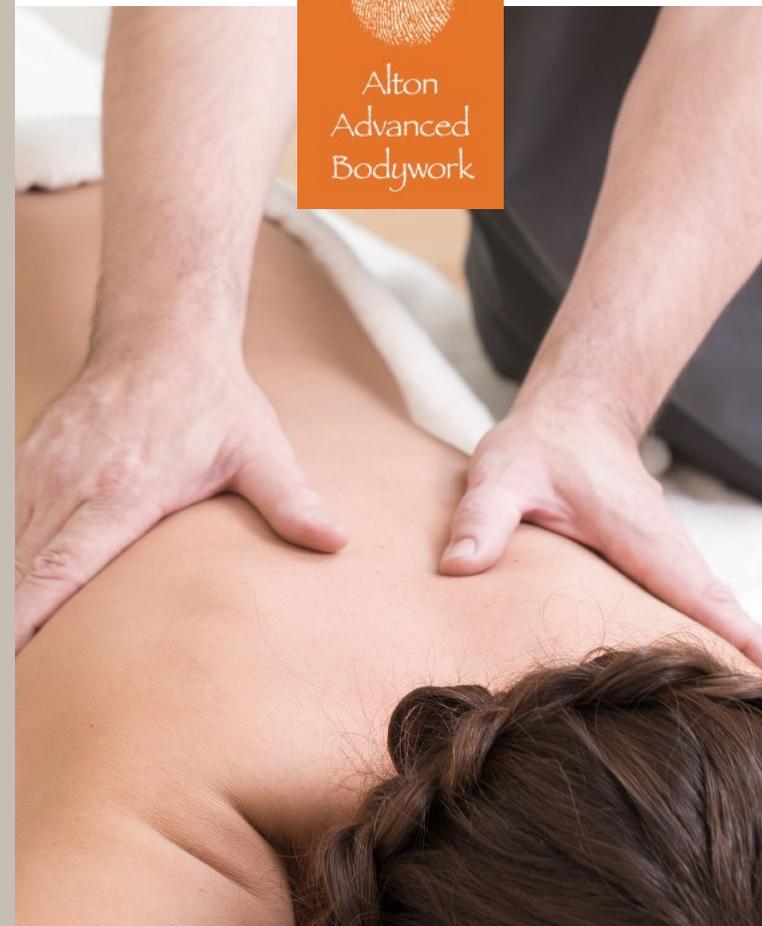
Gift vouchers are available

Call 01420 89600 to book your consultation & treatment

**If you are unable to keep your appointment,
please give 24 hours' notice to avoid a 50% cancellation fee.**



Alton
Advanced
Bodywork



Kipp Clark

JACSMT, MCThA

**Specialist in the Treatment of Pain
Clinical Massage & Bodywork Therapist
Sports Injury Therapist**

Advanced Clinical Massage & Bodywork

Kipp's extensive massage & bodywork training draws from a wide range of cutting-edge techniques; he has also gained a 'distinction' in the respected Jing level 6 BTEC in Advanced Clinical & Sports Massage. Kipp will develop a bespoke treatment plan employing a combination of advanced techniques, to effectively address your pain or musculoskeletal problem.

Treatment may include:

- Advanced clinical (remedial) massage
- Trigger point therapy
- Osteopathic techniques/manipulation
- Myofascial release & visceral manipulation
- Thai & eastern medical massage
- Advanced (PNF/active isolated) stretching
- Deep tissue massage

25 mins **£30**
35 mins **£40**
50 mins **£50**
65 mins **£60**



Structural Fascial Bodywork (Direct Myofascial Release)

Every joint, muscle, nerve and organ in the body is covered in strong connective tissue called fascia. This fascia can become tightened and restricted, causing biomechanical issues, pain and postural problems. After a 'body reading' assessment, SFB helps to correct fascial problems using direct myofascial release technique (i.e. Rolfing/structural integration). Recommended for postural problems and spinal curvatures.

Mini Structural Balancing course

3 x 80 mins **£200**

Full Postural Reshaping course

10 x 80 mins **£650**

Sports Massage & Injury Treatment

Kipp's level 6 sports massage training can effectively address tight muscles, RSIs, sports injuries and biomechanical issues. Kipp is trained in both stimulating pre-event massage and relieving post-event massage. Treatment can aid recovery, ease DOMS and help avoid injury in the sporting client. Kipp's training in orthopaedic assessment, bodywork therapy, rehabilitation exercise and ultrasound therapy enable him to give a better, more rounded approach to sports injuries

25 mins **£30**
35 mins **£40**
50 mins **£50**
65 mins **£60**

Rehabilitation or Preconditioning Exercise Appointment

If you are suffering with chronic pain, a sports injury or poor posture you would likely benefit from a bespoke exercise and stretching programme. Kipp's BTEC included modules on body assessment and injury rehabilitation which he combines with elements of Yoga, Pilates and personal training. Recommended after first receiving a clinical or sports massage assessment & treatment!

25 mins **£25**
35 mins **£35**

Reflexology

Reflexology is arguably the most relaxing holistic therapy, proving very effective for all stress-related health problems. It is the therapeutic treatment of 'reflex' points on the feet, to rebalance your body systems and facilitate natural self-healing mechanisms. A regular reflexology treatment is a very enjoyable way to keep healthy and grounded in our fast-paced modern world!

50 mins **£35**
65 mins (consultation and first appointment) **£40**

VICT WORLD CLASS QUALIFICATIONS

Buy a course of 6 treatments to receive a 10% discount or free rehab exercise appointment!

Amma Fusion

Amma Fusion is an exciting blend of the most effective eastern massage techniques drawing from both Tui-na (Chinese medical massage) and table Shiatsu. The body's meridians (energy pathways of the body) are worked using specialised strokes and deep thumb pressure to promote health, vitality and balanced mood.

35 mins **£35**
50 mins **£45**
65 mins **£55**

Table Thai 'Yoga' Massage

Kipp trained in this ancient therapy at Bangkok's famous Wat Po School. Table Thai is performed on a massage couch, the client wearing loose fitting clothing. The massage consists of acupressure (deep thumb pressure), 'yoga' stretching and gentle mobilisation of the joints and spine. This relaxing but invigorating treatment is a great way to 'service' your body, helping to avoid osteoarthritis, osteoporosis, stiffness and joint/spinal problems.

80 mins **£50**
95 mins (consultation and first appointment) **£55**

Auriculotherapy (Electric Ear Acupuncture)

Auriculotherapy involves the treatment of specific points on the ear with a small electric current. The therapist can scan indicated points with the treatment device, to see which points most need treating, aiding both assessment & treatment. Auriculotherapy's effectiveness is recognised by the World Health Organisation; it has proven especially effective for pain management and for treating addictions (inc. food/drug), low mood and compulsive/anxiety disorders. Auriculotherapy also has a 95% success rate in helping individuals stop smoking, in just 3 treatments!

3 treatments for smoking cessation **£150**
(50 min > 35 min > 35 min)

11 treatment course **£350**
(4/week 1, 3/week 2, 2/week 3, 2/week 4)



Alton
Advanced
Bodywork

Call 01420 89600 to book your consultation & treatment

www.altonadvancedbodywork.co.uk