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I have been practicing since 2003 when, while travelling I enrolled on a Thai Massage course at Bangkok's famous Wat Pho. I had found my calling and stayed to complete a medical massage therapy course before returning to England to study holistic therapies and anatomy & physiology. I discovered my particular interest was in the treatment of pain and injury and I continue to study a variety of bodywork techniques to address a wide range of physical problems. I love my job because I am able to help people feel better both physically and mentally through effective therapies. I take great pride in being able to help many clients whose conditions have not responded to conventional medicine and therapies. I hope to continue to study to develop my range of skills to help clients recover from physical and stress related health problems.

Kipp Clark

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Conditions I can effectively treat:

- Back pain, neck pain and sciatica
- Chronic & myofascial pain
- Headaches and migraines
- Muscular pain and/or tension
- Joint pain and arthritis
- Pain from ruptured (slipped) discs
- Sports/activity injuries and whiplash
- Frozen shoulder & torticollis
- Postural problems (kyphosis, lordosis & scoliosis)
- Carpel tunnel syndrome/RSI
- All stress-related health problems
- Tendonitis, fasciitis and neuralgia
- Menstrual problems/PID/endometriosis
- IBS, constipation & digestive problems
- Fibromyalgia, mild depression & CFS
- All addictions
- Poorly functioning body systems/organs
- Toxic overload (detoxing)
- Shin splints & rotator cuff injury
- Scarring and post-operative problems
- Chronic illness & auto-immune disorders
- Reproductive or fertility problems
- Eyes, ears and sinus problems
- Pelvic & abdominal pain/problems
- TMJ pain, bruxism & face pain

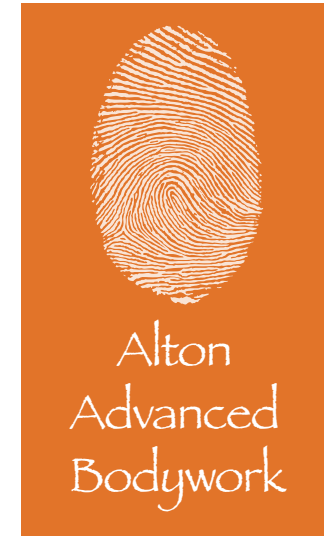
Call: **01420 86185** to book your consultation & treatment.

Gift vouchers are available.

Please give 24 hours notice when cancelling an appointment to avoid a 50% cancellation fee.

Situated at: Time Hair and Beauty,
24a Normandy Street, Alton, Hants.

Kipp Clark
MIGHT, ACMT



Specialist in the Treatment of Pain

Advanced Clinical Massage
& Bodywork Therapist

Reflexologist

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Advanced Massage & Bodywork

My extensive massage and bodywork training draws from a wide range of disciplines including advanced, sports & remedial massage, trigger point therapy, osteopathic techniques, eastern techniques, advanced stretching, deep tissue work, myofascial release, joint/spine mobilizations, structural integration (rolfing), therapeutic ultrasound & visceral manipulation. By combining these advanced techniques I can achieve fast, lasting results, often when conventional medicine & more widespread therapies offer only limited relief. Massage & bodywork can help with many conditions including:

- Chronic & muscular pain conditions
- Arthritis & joint pain
- RSI & carpal tunnel syndrome
- Back pain & sciatica
- Whiplash & headaches
- Shoulder injury & frozen shoulder
- Abdominal & digestive pain/problems
- Scarring & post operative problems
- Sports injuries & postural problems

Every joint, muscle, muscle fibre, nerve and organ in the body is covered in strong connective tissue called fascia. This 'fascia' can become tightened and develop adhesions. Myofascial release and structural integration help to release these adhesions and lengthen shortened fascia to ease associated pain, problems and postural problems. Visceral manipulation treats ligaments and fascia supporting the organs to relieve pain and correct their movement & function. Trigger points in muscles, ligaments & fascia do not show up in conventional medical tests and are thought to cause 80% of chronic pain, often 'referred'. Trigger point therapy aims to locate and treat these troublesome points to relieve associated pain. Therapeutic ultrasound works on a biological, cellular level to stimulate soft tissue repair from strains & sprains. It is also able to reach where the hands cannot, making it useful for treating a variety of complaints.

25 mins	£30
35 mins	£40
50 min	£50
65 mins (consultation & first appointment)	£60

Reflexology

Reflexology is perhaps the most relaxing holistic therapy, effectively shutting down your body's stress response systems which cause a large variety of health problems. Reflexology is the therapeutic treatment of the feet to affect the entire body. It helps rebalance your various body systems and facilitates your body's self-healing mechanisms. Reflexology has proven particularly beneficial in treating stress-related health problems, (including related depression) digestive disorders, insomnia, CFS and 'woman's health problems'. Reflexology also supports a healthy pregnancy and labour. A regular reflexology treatment is a very enjoyable way to keep healthy and relaxed in our fast-paced modern world!

50 mins	£32
65 mins (consultation & first appointment)	£38

Amma Fusion

Amma Fusion is an exiting blend of the most effective eastern massage techniques. Amma draws from disciplines such as acupressure (deep thumb pressure), Tui-na (Chinese medical massage) and table Shiatsu (Japanese medical massage) and is based on the principles of traditional Chinese medicine. Amma works the meridians (energy pathways of the body) using specialised strokes and deep thumb pressure to restore correct energy (qi) flow promoting health, vitality and balanced mood. Amma can help with many conditions, but is particularly beneficial in treating systemic conditions (body system problems), CFS, mild depression, chronic illness, auto-immune conditions and sinus problems.

35 mins	£35
50 min	£45
65 mins (consultation & first appointment)	£55

Call: **01420 86185** to book your complementary consultation & treatment.

Please keep this leaflet, as you never know when you may need it!

Auriculotherapy (Electric Ear Acupuncture)

Auriculotherapy involves the treatment of specific points on the nerves of the ear with a small electric current. Unlike conventional acupuncture the therapist can scan with a specialist instrument to see which points most need treating, it also helps to better identify the nature of the patients problem/s. Auriculotherapy is recognised by the World Health Organisation as effective in treating over 300 conditions, but is especially effective at treating addictions, compulsive disorders and pain. Auriculotherapy has a 95% success rate in helping individuals stop smoking, in just 3 treatments!

35 mins	£35
65 mins (consultation & first appointment)	£60
3 treatments for smoking cessation	£150

'Table Thai' Yoga Massage

I trained in this ancient therapy, which dates back to the time of the Buddha, in Bangkok's famous Wat Po School. Table Thai Yoga Massage is performed on a couch, rather than the traditional futon or mat, with the client fully clothed. The massage consists of acupressure (deep thumb pressure), 'yoga' stretching and gentle mobilisation of the joints and spine. This therapy has many health benefits and aims to ensure correct energy flow within the body. Thai Massage is very pleasant to receive; keeps you supple, improves mobility and helps avoid the development of osteoarthritis, osteoporosis, age related stiffness and joint/spinal problems. You service your car, why not give your body a full service?

1 hr 15 mins	£50
1 hr 30 mins (consultation & first appointment)	£55

Other Treatments:

Swedish Massage: This deeply relaxing massage helps to soothe tired aching muscles and tease out knots. Swedish massage is a great way to wind down during stressful times leaving you refreshed & rebalanced.
1 hr 15 mins £45

Holistic Back & Shoulder Massage: A deeply relaxing back massage using Swedish & deep tissue techniques to relieve stress related muscular tension.
35 mins £30

Advanced Massage & Reflexology Combo: A very popular combination treatment for those who need a physical problem addressed but also desire reflexology for stress relief and/or pleasure.
50-65 mins £40-50

Buy a course of 6 treatments to receive a **10% discount!**