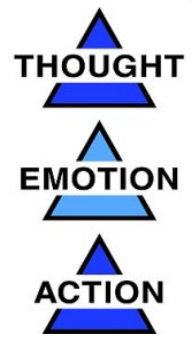


# THE MINDBODY THERAPY CENTRE

~ Your Choice in Complementary Health

[www.therapy4life.net](http://www.therapy4life.net)

Tel: 020 3417 6108



## MASSAGE IS NOW SEEN AS A NECESSARY INGREDIENT FOR THE COMPLETE AND CONDITIONING WORKOUT!!

Massage is an important part of the schedule of athletes and sports professionals worldwide. Everyone's benefiting from it; runners; cyclists; boxers; dancers; swimmers and tennis players! SO, if it's good enough for them, surely it can help you too?

More and more people are realizing that a *complete* workout routine includes not only the exercise itself but also caring for the wear-and-tear and minor injuries that naturally occur when you exercise.

### LOOKING AFTER YOURSELF WITH REGULAR MASSAGE CAN:

- **REDUCE THE CHANCE OF INJURY**
- **IMPROVE YOUR RANGE OF MOTION AND MUSCLE FLEXIBILITY RESULTING IN IMPROVED PERFORMANCE**
- **SHORTEN RECOVERY TIME BETWEEN WORKOUTS**
- **MAXIMIZE THE SUPPLY OF NUTRIENTS AND OXYGEN THROUGH INCREASED BLOODFLOW**
- **HELP ELLIMINATE THE TOXIN BY-PRODUCTS OF EXERCISE**

So, don't waste anymore time! Get the most out of your workout and *truly* look after yourself and your body.

Come and speak to one of our experienced therapists to understand more about the benefits of massage and get an individual assessment and therapy program to enhance your MindBody performance.

**SPECIAL OFFER!! 15 MINUTE MINI SESSION FOR £10**

**FURTHER REDUCTIONS MAY BE AVAILABLE ON 6 SESSION THERAPY PROGRAMMES.**

**WE LOOK FORWARD TO WELCOMING YOU TO THE MINDBODY THERAPY CENTRE.**