

Your Therapist:

Ben Bradley



I am a personal trainer and strength and conditioning coach, currently training elite tennis players at the WIN tennis Academy at Bisham Abbey National Sports Centre. Also trained in Thai-Yoga Massage, Chavutti Thirumal Massage, traditional deep tissue massage (Swedish/sports), nutrition and other holistic healing techniques, I work both with individuals seeking high level sporting performance and also those interested in attaining mind/body balance and general good health. For more information and to view a detailed CV please visit my website.

www.karibuhealth.com

'OM MANI PADME HUM'

Few things in life are more pleasurable than succumbing to a total state of relaxation, where your body can unwind and your mind can run free. But then, there are few spas in the world to compare with Fredrick's.

At Fredrick's the emphasis is very much on recovering serenity and well-being to mind, body and soul. The key to this restoration lies in the unrivalled range of specialist therapies and treatments offered by trained and highly skilled therapists.



*Fredrick's Hotel Restaurant Spa****
www.fredricks-hotel.co.uk/spa
Shoppenhangers Road, Maidenhead
Berkshire, SL6 2PZ*

*For appointments call Ben on 07958 245 177
or the Spa Reception on 01628 581 227.*



**Thai Yoga Massage
Deep Tissue Massage**



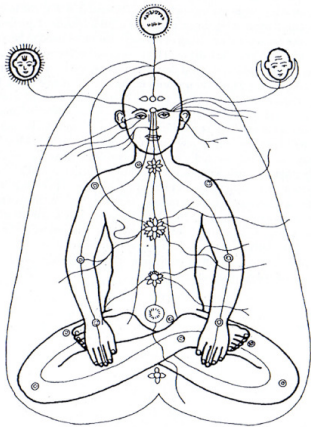
Ben Bradley

*For an appointment please call
01628 581 227*

Thai-Yoga Massage

Thai-Yoga massage combines palming and thumbing of traditional Indian/Chinese energy meridian lines with assisted stretches akin to those performed in the Yoga Asanas of Hatha Yoga. The massage is typically done on someone wearing loose fitting and light clothing and lasts between 1 and 2 hours, depending on the sequences involved which in turn is dependent on the individual's specific needs.

Each massage is personally adapted to the patient in question and great care is taken when dealing with any particular musculoskeletal problem(s). Pressure can be strong but should never be too painful and again this is adapted to the needs of the individual.



The following points should be understood before booking your first treatment; if in doubt please contact us and we will be happy to answer any questions.

- Some people react far more sensitively than others to a workout of the energy lines.
- The release of negative tension which comes from massage can create feeling of negativity, dragging the patient down mentally.
- The unfolding of positive energy streams can leave the patient feeling awake and agile.
- Both positive and negative states are temporary, and so there is no reason to worry.
- On the contrary, passing through such experiences helps to restore the energy balance of the body.

Sport & Remedial Massage

Sports and Remedial massage therapy is a deeper form of soft tissue massage which uses specific techniques to treat physically active individuals, who may be more vulnerable to injury because of the stresses placed on the body by their sport.

This type of massage is not just for very active individuals or professional athletes. The benefits to general health are numerous:

- Improved Circulation; aiding cell growth and repair and the elimination of toxins.
- Improved Lymphatic Flow; particularly important during periods of heavy exercise, post soft tissue trauma and in numerous medical conditions.

- Increased interstitial permeability; increases and helps maintain healthy levels of fluid movement between cells; particularly important in less active individuals.
- Removal of Scar Tissue; scar tissue left at the site of injuries (even ones considered to be long healed) causes adhesions within the muscular network and fibrous soft tissue which is unable to operate optimally. This can be detected and broken down safely during a treatment allowing the body to then restore normal activity in the local area.
- Increased Flexibility; patients invariably find that they have a greater range and freedom of movement after a treatment due to the stretching effect of longitudinal massage strokes.
- Numerous benefits to the nervous system; stimulates nerve receptors causing a reflex effect that results in muscle relaxation and a reduction in pain. Massage helps over all to restore balance in nervous energy and is very effective in reducing non-physical stress. (Emotional etc)

Prices

Thai-Yoga	
60 minutes:	£75
90 minutes	£100
Sports & Remedial	
30 minutes	£45
60 minutes	£70