

Prices

Service	Time	Cost
Sports Massage	30 min	£25
	45 min	£35
	60 min	£45

All payment should be made direct to the therapist by cash or cheque.

Please arrive to your appointment 5 minutes early to fill in a consultation form.

Therapists

Kim Wheeler

Dip. Sports Massage Therapy

Our treatment rooms are located within the Vodafone Fitness & Wellbeing Centre:
Edison House, The Connection,
Newbury, Berkshire
RG14 2FN

24 hours notice of cancellation is required or a fee will be incurred.

For bookings or enquires please call:

0300 1230823 or 07768034536

Email: healthfitness@vodafone.com
or kim_wheeler51@hotmail.com

mind & body



Sports Massage
With Kim Wheeler

Treatment Menu

Vodafone Fitness & Wellbeing Centre

Edison House, Vodafone HQ

Sports Massage

Nuffield Health offers experienced Sports Massage Therapists to provide rehabilitative deep tissue massage in order to promote recovery.

When injuries occur, due to over exertion or overuse, massage can help to reduce the severity of these injuries and reduce the resulting muscular tension. It can also help to prevent persistent “niggles” that get in the way of performance. Sports massage is for all levels of exercise ability & even work-related problems.

Many desk-based employees suffer with upper back and shoulder tension as a result of their working environment. Sports massage is proven to reduce this tension and to help you to feel more relaxed.

Our Therapist

Kim Studied for her massage qualification in 2007 through Premier Training International.

She has worked for Nuffield Health for 3 years.

Kim has dealt with many different clients, from sports related (athletics/rugby/football/runners and many more) to work and stress related issues.

Sports massage is a great way of relieving muscular stress and tension, which can be caused by normal day to day activities such as sitting at a PC all day or an injury caused through sport.

Kim enjoys fitness and sport, playing regularly for a local netball team, even dedicating her Sunday mornings to them!

**Kim is available for appointments
Tuesday's
7:30am – 9:00am &
11:30am – 17:30pm
And on Friday's 8:00 –
4:00pm**

For more information
please ask at reception.

