



ZEM SpOrts Therapy

SPORTS MASSAGE

INJURY PREVENTION

MAINTAINANCE

RELAXATION

RECOVERY

ACHES AND PAINS?

KNEE OR FOOT PAIN?

SHOULDER PAIN?

BACK or HIP PROBLEMS?

TIGHT MUSCLES?

PRICES

30 MINUTES - £25

45 MINUTES - £30

1 HOUR - £35

*INITIAL APPOINTMENT IS 1 HOUR, INC CONSULTATION, POSTURAL ASSESSMENT & MASSAGE

**TO BOOK Call Zoe 07532003950
or Email ZEMSport@outlook.com**



**FIND US ON FACEBOOK
@ZEMSPORTSTHERAPY**

