

CORONAVIRUS UPDATE – 19th March 2020

Thank you for your continued support during these challenging times. With a heavy heart, I have decided to suspend my in-person Sports massage appointment starting Friday 20th March 2020. This is based upon advice from the government, other professional bodies & with the development of schools implementing closures I feel it is in the best interest of my client & I that I hit pause on in person appointment for the time being.

As this situation is ever-evolving, I will review this on a continuing basis and keep you informed via Facebook & text. For now, I am planning to rescheduled my in-person practice on 1st May and will reach out individually to reschedule your physical appointments for May time.

Showing up for small businesses is more important now than ever. I encourage you to please find ways during this time to support our local community. If you would like to continue to support my practice, and continue your injury prevention & wellness, I have a few options that I am offering virtually:

* **Option 1: Guided Stretches** – Mobility is key! We all know that stretching is beneficial for us and there is no better time to develop a stretch routine. I will guide through a set of stretches that benefit you & your body. (This will be conducted via Zoom a video streaming service) - **£15 – 20mins session.**

* **Option 2: Guided Self Massage** – You can still get your massage fix from the comfort of your home, where I will guide you through. All you will need for this is a bit of floor space, a tennis ball and/or a foam roller. (This will be conducted 1 to 1 via Zoom – a video streaming service) - **£20- 30 mins session**

OFFER: Why not combine Option 1 & 2 together for £30.

If you would like to reserve a spot, you can schedule an appointment by texting or calling me at 07532003950!

I look forward to serving you and continuing to support in a slightly different way than I would have expected but let's see how we go!

Options not for you!? That's ok... let's get you rescheduled for May time in the hope we are back up and roll.

Feel free to contact me via phone, email, or text, with any questions or concerns.

Warmest regards,



ZEM SPORTS MASSAGE THERAPY