

I was really looking forward to meeting Melanie. Melanie recently joined West Norwood Therapies and specialises in therapeutic & deep tissue massage and Reiki - what a combo! I felt sure that I would receive a massage that would de-stress me and make me feel overall relaxed and balanced. I am glad to say that I was not wrong.

After a 3-year break, 6 weeks ago I started to work in an office again and, like a lot of people, I now spend the majority of my time sitting in front of a computer screen. Overall, I can say that I quickly adapted to my new work routine and I am enjoying it, but wow, my body has felt the shock straight away! On just day two my shoulder and neck started to freeze up and I could feel the balls of stressful tension sitting on my joints.

It was time to finally book my appointment with Melanie!

Over the years I have had many massages and seen pretty much all of the people at West Norwood Therapies. It is wonderful that you can confidently book any of them and you know that you will have a great massage experience.

A great massage experience is not just about the technique and pressure applied. Here is what I look for and how Melanie achieves great rather than good.

Atmosphere: Melanie is very aware of the importance of creating the right environment. The music was calming and swept me away as I relaxed.

Professional: Melanie's desire to find out exactly where the tension was in my body, and what I wanted to get out of my session with her, immediately put me at ease.

Attentive: Melanie was very attentive and made sure that the pressure she used was to my liking. Melanie also informed me before she used a cooling gel in case I did not want it.

And last but not least...

Knowledge & Added Value: It is clear when talking to Melanie that she really understands the body and she tailors what she does depending on the individual. Melanie does not take a 'one size fits all' approach. I was really impressed when, after the massage, Melanie gave me some more insight into why I feel the tension where I do. Melanie suggested some follow up exercises to help give me relief.

If you are either feeling balls of tension in your body or just keen to give your body the TLC it deserves, then please get in touch with Melanie or one of the other great massage therapists at West Norwood Therapies. You will not be disappointed.