

Massage at Greywalls

with Margaret Winn

Meet your therapist

Since a young age, Margaret has always had a keen interest in complementary therapies and the wellbeing that can be sought from them. Margaret treats her clients with the greatest respect in a calm and relaxed manner and looks forward to sharing the wonderful benefits of massage offered with you.

All treatments will be carried out in the comfort of your own room or another room if available.



Testimonial

"Margaret Winn is that rare therapist. A truly holistic intuitive masseuse who can work on the subtlest but deepest levels to create emotional release while gently encouraging the body to let go. She is also a thorough deep tissue masseuse but her skill is in listening into the clients body and giving them exactly what they need, disguised as what they want. A true find."

Anna Pasternak, Country and Town House Magazine

Massage therapies

Your massage will be tailored to you needs and you can discuss the area to be treated with your therapist. Indian Head Massage can also be incorporated into your massage if required.

Holistic/relaxation massage

Using classical techniques, this massage can be light and relaxing or deep and invigorating. It will help to relieve muscular aches and pains as well as calm the mind. With flowing movements, this massage will help to re-energise your body and soul.

Sports/deep tissue massage

Focussing on deeper layers of muscle tissue, this massage aims to restore proper function to injured muscle tissue, tendons and ligaments. It will help reduce muscle tension, increase mobility, flexibility and reduce pain.



Pregnancy massage

Pregnancy Massage is a deeply relaxing restorative treatment and will be tailored entirely to your needs and your stage in pregnancy whether it be your 1st, 2nd or 3rd trimester.

Golfers

Enjoy a sports massage after a physically demanding day on the golf course.

Sports massage can benefit everyone, both professional and amateur, as well as non-sporting individuals.



Benefits include;

- Maintains the body generally in better condition
- Restores proper function to injured muscle tissue, tendons and ligaments
- Increases mobility and flexibility to joints and muscles
- Pain reduction
- Stretches muscle fibres and fascia surrounding muscles, releasing any tension or pressure build up
- Breaks down scar tissue which can lead to inflexible tissues that are prone to injury and pain
- Improves tissue elasticity making injury less likely.

The most common complaints by golfers include;

- Back Pain
- Golfers Elbow/Tennis Elbow
- Shoulder Pain
- Carpal Tunnel Syndrome
- Knee pain
- Trigger Finger
- Wrist impaction Syndrome

If you are suffering from any of the above or just require some deep tissue work on your muscles, book in now for a sports massage with Margaret.

Prices

All massage therapies are the same price

60 minutes **£75**

75 minutes **£90**

90 minutes **£105**

To arrange your massage

contact reception

Terms and Conditions

All appointments are subject to availability and early booking is highly recommended with your room. Payment is due at time of treatment and is payable directly with your therapist.

Payment can be made with cash or card. Maestro, Visa and Mastercard are all accepted. Full payment is required if cancelled within 24 hours notice of treatment booked. Late cancellation charges will be added to your hotel bill.