



FIND US ON SOCIAL MEDIA
@mobilemassagepembrokeshire

MOBILE MASSAGE

Pembrokeshire



WE BRING THE SPA TO YOU
At your campsite, holiday cottage or hotel.

SPORTS & DEEP TISSUE MASSAGE

You don't have to be an athlete to book a sports massage. We offer treatments designed specifically for active people.



CUSTOM SPORTS MASSAGE

Whatever you do, we can tailor a session to suit you.
You choose - Wax, Pressure, Focus, Duration



SPORTS INJURY MANAGEMENT

Sports massage for a specific injury to help you
recover and get back in the game.



DEEP TISSUE MASSAGE

We will use a range of techniques in this session
depending on what you need at the time of treatment.

MASSAGE FOR ACTIVE PEOPLE



Pre & post-event sports massage for specific activities, the session may include a postural assessment and strengthening exercises to help you perform at your best.

RELAXING MESSAGES

Holistic massage treatments tailored to suit you.



CUSTOM RELAXING

A relaxing treatment tailored to suit your needs.
You choose - Oils, Pressure, Focus, Duration.



BACK, NECK & SHOULDERS

A range of techniques to relax the body and
release muscles of the back, neck & shoulders.



LEGS & FEET

Helps to ease aches and pains and improve
circulation in tired legs and feet.



HOT STONE

Heated stones are used with focussed
pressure allowing tension to melt away.



AROMATHERAPY

A relaxing holistic massage using calming essential oils
with healing properties for total relaxation.



PREGNANCY

Take some time for yourself. Relieve lower
back pain and ease tension in shoulders & hips.

THAI MASSAGE

Traditional Thai massage and facial treatments.



CUSTOM THAI MASSAGE

Traditional Thai massage with stretches & compression.
Choose - Thai balm, Pressure, Focus, Duration



THAI AROMATHERAPY

A Thai style massage with oil using hot
steamed Thai herbal compress.



THAI FOOT MASSAGE

Thai acupressure & foot massage. Improves
stiffness and flexibility of feet, ankles & calves.

MASSAGE & FACIALS

The perfect combination for total relaxation.



INDIAN HEAD MASSAGE WITH AYURVEDIC FACIAL

A relaxing Ayurvedic facial followed by an Indian head massage
using acupressure points on the head, neck and shoulders.



RELAXING MESSAGE WITH HOLISTIC FACIAL

A custom relaxing message, tailored to suit you, followed by a
holistic facial. Choose lavender or frankincense & rose products

