

# Your massage therapists:



- ◆ BTEC Level 5 Sports and Remedial Massage Therapist
  - ◆ Practitioner of Deep Tissue Massage, Sports and Remedial Massage and Indian Head Massage
  - ◆ Member of ISRM (Institute of Sport and Remedial Massage) Pregnancy Massage
  - ◆ Myofacial Release.
- 

Email: [lucindaforth@gmail.com](mailto:lucindaforth@gmail.com)



- ◆ Diploma in Sports Massage Therapy Level 3 and 4
  - ◆ Deep Tissue and Sports Specific Massages
  - ◆ Posture correction and relaxation.
- 

Call: 078 7216 3433

Email: [lukas.gondkovsky@gmail.com](mailto:lukas.gondkovsky@gmail.com)

## **Cancellations:**

24 hours notice of cancellation is required or the full fee may be charged.

## **Payments:**

Massage and Beauty payments should be made directly to the therapist via cash or bank transfer.

Please note that you do not need to be a member of the gym to make a booking.