

## **Back, Neck & Shoulder Massage**

An invigorating 30min massage concentrating on the tension hot-spots of the back, neck and shoulders.

The Back, Neck and Shoulders are the most common areas of the body that are prone to stiffness, soreness and tension. Continuous build-up of stress and tension in the Back, Neck and Shoulder region leads to stiff necks, aching shoulders, headaches and a tight upper and lower back.

Desk jobs, long working hours and incorrect sitting positions create such problems that cause tension and discomfort to these areas.

Poor posture can cause pain by putting extra strain on ligaments and muscles. Standing with the shoulders slouched and chin jutting forward, working with your head down for long periods of time, slumping while seated and sleeping face-down are common postural problems that affect the Back, Shoulders and Neck.

A massage is a great way to relieve the tension to get rid of any built up of stress in those areas.

This will leave you feeling fantastically fresh and free from any stress or tension!

**30 minutes - \$77**