



## AREAS OF SPECIALITY

**Swedish massage**  
**Hydrotherm Massage**

**Aromatherapy Massage**  
**Pregnancy Massage**

**Deep Tissue Massage**

I am professionally qualified in all the above forms of massage; I work with all ages from new born to the elderly. I have been working for the past several years at a school in Putney specifically for severely disabled children, which I find incredibly rewarding and enjoyable. By working with children at this school it made me aware of the gentle massage and the use of stretches needed within the session, which lead me to do a pregnancy massage course as this form of massage uses elements of a gentle massage that would be used with disabled and young children. I found this course extremely refreshing; working with expecting mothers was a new and exciting experience. Not only does the massage relieve tension but I connected with the mothers-to-be on an emotional level, which is a wonderful feeling. I like to see that my clients have enjoyed the massage session and feeling more relaxed and invigorated when leaving.

Two of my favourite forms of massage apart from pregnancy massage are Swedish deep tissue and hydrotherm. Swedish deep tissue massage is a standard massage suited for most people; this works by releasing muscle tension and relieve aches and pains. Hydrotherm massage uses two large bags which I fill with warm water. The client will lie on the bags while I massage. This massage form is suited to elderly, disabled and babies. If I was massaging a baby there would be support around the bags and baby for health and safety.

I have worked at Today's Healthcare for nearly 10 years where we are committed to helping our clients in relieving muscular pain, skeletal problems and rehabilitation. The Pilates studio is well equipped and is used within some of the rehabilitation programmes. There are classes open to anyone by appointment which I also enjoy as the sessions are very effective and work well at stretching the muscles slowly.

I am also trained in seated chair massage which I provide to corporate companies. This form of massage is a short session where the client is fully clothed and instantly relieves back aches and stretches the spinal area which is why it is popular with office employees.

I enjoy all the areas I specialise in and find it a pleasure to do a job where I can make a difference to my client by reliving aches and pains. I am constantly looking at new courses and am steering to a beauty style of massage, this is hot stone massage which is purely for relaxation and revitalising the body but will continue to be passionate about each and every style of massage I do as they are all specifically suited for different people.

## Jean Fleming Profile