

# Simply Massage

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## Hi, we're Tina & Steph

We're in business to provide results-focused massage in a relaxing environment.

We know that sometimes when you get a massage, it's not always customised for your body. So while it might feel relaxing, the aches and pains are often back the next day.

With over 20 years combined experience as massage therapists, we've found that applying a range of techniques, such as deep tissue, trigger point, myofascial release (MFR) and muscle energy techniques (MET), are much more effective at relieving tightness and pain.

That's why each massage is completely customised depending on your individual needs.

If you would like an appointment with an experienced and professional massage therapist, make a booking below.

**BOOK ONLINE**