

Holistic & Remedial Mobile Massage

by

Penny Groom

Enjoy an **array of treatments** in one session,
at a **set price**, in the comfort of **your own home**.

Massage is an excellent way to **relax and unwind**
as well as help and improve a whole range
of **musculoskeletal issues and injuries**.

Penny offers an increasing range of treatments
allowing her to **tailor each massage**
around your **individual needs**.

Working alongside other therapists, Penny is
able to offer a range of luxury **beauty and massage**
treatments for **parties and events**.

Treatments

- Swedish Massage • Deep Tissue Massage
- Myofascial Release • Hot Stone Massage
- Hot & Cold Stone Massage • Indian Head Massage
- Seated Massage • Thai Massage
- Natural Facelift Massage • Pregnancy Massage
- Remedial Massage • Sports Pre - Event Massage
- Sports Post - Event Massage

Sessions

Choose a session time, pin point areas
that require attention and let Penny
tailor the massage treatment to you.

Blocks

Save money and buy a block of time;
Ideal for a group bookings or for those who
require a succession of treatment sessions.

**Therapy Times are Flexible and Include
Weekends and Evenings**

Prices

Sessions	Blocks
30 Minutes £25.00	2 Hours £73.00
45 Minutes £32.50	3 Hours £108.00
60 Minutes £40.00	4 Hours £142.00
75 Minutes £47.50	5 Hours £175.00
90 Minutes £55.00	6 Hours £207.00
105 Minutes £62.50	7 Hours £238.00

Penny Groom 07775537404

panngroom@yahoo.com

Twitter @PennyGroom

facebook.com/pennygroommassage

www.pennygroommassage.co.uk

Mobile Massage

In the comfort of your own home

Bespoke Massage

Multiple techniques for individual requirements

Choose Your Treatment Time

30 Minutes to 105 Minutes

Save Money - Buy Blocks of Time



Penny Groom

**Holistic & Remedial
Massage**



Flexible Opening Hours

Includes weekends & evenings

Vouchers Available

Prices Cover 20 Mile Radius

From East Rudham (areas further afield may incur a 50p a mile fuel charge or travel time incorporated, according to distance)

Parties & Events

Working individually and with other therapists to offer
Massage, Beauty, Hair, Make-up,
Alternative Therapies, Yoga & Pilates.
(Prices may differ from leaflet,
please contact Penny for quotes)