



# THE ISLAND WELLNESS SPA

at THE WEST BAY CLUB

## Specialist Sports Treatments

Our commitment to wellness means that we have a holistic approach to long-term development and injury prevention for our Country Club members. We have hand-picked a team of fitness and rehabilitation experts to help you make a real difference in your personal health and wellbeing. Our friendly and highly qualified team will work with you to provide support to help you make a lasting change.

## Deep Tissue Massage

*With our Spa Therapists*

The benefit of deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints). Unlike Swedish massage, which has a relaxing effect and uses lighter pressure, deep tissue massage uses deep pressure with strokes that are firm and slow. Deep tissue massage has several therapeutic effects and can be used to treat many different conditions. This type of massage is ideal for the treatment of major muscle groups like stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders. It can also be used to relieve strain and treat injuries in your joints and tendons. It's used to break up scar tissue and physically break down muscle "knots" or adhesions (bands of painful, rigid tissue) that can disrupt circulation and cause pain, limited range of motion, and inflammation.

30 minutes

£22

## Sports Massage and Kinesiology Taping

*With Personal Trainer Andy Robinson or Matt McClelland*

Sports massage is a great preventative treatment as well as ideal for treating injuries and enhancing sporting performance. It works deep into the muscles, realigning the muscle fibres and connective tissue and flushing away toxins. Regular sessions will increase joint mobility and flexibility; and reduce the risk of injury during exercise. You don't need to be an athlete or sports person to benefit from a sports massage. It can help with everyday aches and pains, postural imbalances, aid recovery between training sessions and much more. Therapeutic kinesiology tape can benefit a wide variety of musculoskeletal and sports injuries, plus inflammatory conditions. Both amateur and professional athletes also use kinesiology taping in order to improve their sporting performance, prevent injury and aid recovery.

60 minutes

£40

30 minutes

£25

## Chiropractor

Are you suffering with discomfort in your spine, lower back or neck? Guy joins us each Tuesday, so why not book in for a session? Using a range of techniques with an emphasis on manipulation of the spine, Guy will use his skills in manual therapy to target discomfort in your joints to leave you feeling well again. Guy also has over 10 years of experience in Applied Kinesiology; a 'muscle response testing' technique that involves gentle contacts on the bodies' acupuncture points to determine the strength or weakness of a muscle.

Initial assessment

£60

Follow up appointments

£40

## Physiotherapy

As our in-house physiotherapist, Shirley Pritchard is here to treat a wide range of musculoskeletal problems. Shirley Pritchard, BSc (Hons) Physiotherapy, HCPC registered, MCSP has gained extensive experience working with all types of musculoskeletal conditions. She has now extended this into the private sector where she continues to practice her specialist interest in Musculoskeletal Physiotherapy. Throughout her career, Shirley has qualified in the treatment of Acupuncture for pain, and has trained in the McKenzie, Mulligan and Maitland concept for treatment of the spine and peripheral joint mobilisations. Trained in the techniques of kinesiology taping, she has found it particularly beneficial in the treatment of sports injuries. Clinic sessions run on Fridays in our rehab room from 9am-5pm.

Initial assessment

£60

Follow up appointments

£50