

**orchid** Massage & Natural Therapies

"helping you enjoy life more freely"

As a qualified massage and holistic therapist, I can help you feel fit for life, and fit for sport

Based in Eastleigh, Hampshire, I specialise in sports massage, therapeutic massage, and remedial massage. I also provide nutrition and lifestyle advice, Aromatherapy, and Reflexology treatments.

As a competitive runner and sports person myself for over 29 years, I bring a broad amount of experience to my treatments, and offer specific support to runners.

Massage is beneficial for the treatment of most complaints including muscular injuries, posture related injuries, long term muscular problems, sciatica, physical and mental stress, and general muscular fatigue. It also assists the rehabilitation process after injury, and helps to prevent further muscular injuries.

Please call me for a friendly chat to see how I can help you

Eastleigh: 023 8061 6910  
Mobile: 07855 251492

25 Stranding Street  
Eastleigh  
Hampshire  
SO50

Eastleigh: 023 8061 6910  
Mobile: 07855 251492

Email: katherine@orchidmassage.co.uk or ange@orchidmassage.co.uk

www.eastleighmassagetherapy.co.uk

Whatever your lifestyle, I can help you feel fit for life, and fit for sport

- Full Body Massage
- Remedial & Deep Tissue Massage
- Sports Massage & Muscular Injury Treatment
- Injury Prevention & Rehabilitation Programmes
- Stress Relieving Aromatherapy Massage
- Footwork & Reflexology
- Healthy Lifestyle & Nutrition Programmes

Katherine Johnson MCHT, MHFST, FHT  
Registered Massage & Holistic Therapist

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Massage has many benefits:

- Speeds the body's natural healing process
- Eases muscular tension and day-to-day aches and pains
- Helps prevent injury by loosening muscles flexible
- Reduces mental stress and improves sleep patterns
- Improves circulation to the whole body
- Helps reduce and minimise scar tissue
- Helps reduce body posture and gait
- Gives you a sense of general health and wellbeing

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Web: www.eastleighmassagetherapy.co.uk

"Call me now for a friendly chat, and see how I can help you"  
Special rates available for sports clubs and groups

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Registered Massage & Holistic Therapist  
Tel: 023 8061 6910 / 07855 251492

Dear Member,

My name is Katherine Johnson, and as a sports person myself who regularly competes in running events, I know how sport becomes an integral part of one's life, and also how much impact it can have on the body. In order for our bodies to perform at their best, it's vital that we care for ourselves before and after training and events, allowing us to train harder for longer, achieve our goals and objectives, and to be able to excel within our chosen sports.

Massage and sports therapy has been used throughout the sporting world for many years as an aid to improve valuable part of flexible and free.

As a sports person that can support:

- Sports
- Training
- Sports
- Sports
- Injury prevention

All treatments are of £5 off your first treatment when you book in for regular sports massage.

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These treatments are in preventing injury, regular sports massage.

Or soothe tired muscles with aromatic oils and when the muscles are so that.

I'd like to think, and other many visit my website.

Best regards,

Katherine Johnson  
Orchid Massage & Natural Therapies

**INJURY CONSULTATION**

Client ref. no.:

SURNAME: M / F  
FORENAME: Mr / Mrs / Miss / Ms / Dr  
D.O.B: AGE: TEL:  
ADDRESS:  
OCCUPATION:

DOCTOR / GP / SURGERY ADDRESS:  
TEL:

Date of 1st consultation:

HEIGHT: WEIGHT: SOMATOTYPE: MESO ENDO  
ECTO

**PHYSIOLOGY**

Posture assessment: Spinal assessment:

Flexibility assessment:  
ROM assessment:  
Muscle assessment:

Orchid Massage & Natural Therapies, 25 Stranding Street, Eastleigh, Hampshire, SO50 www.eastleighmassagetherapy.co.uk

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As a qualified massage and holistic therapist, I can help you feel fit for life, and fit for sport

- Sports Massage – Pre / Post Event 60 minutes
- Sports Massage – Maintenance 60 minutes
- Rehabilitation Programmes 90 minutes
- Remedial Massage 60 minutes
- Swedish Massage – Full Body 60 minutes
- Aromatherapy Massage 60 minutes / 90 minutes
- Footwork & Reflexology 60 minutes
- Nutrition & Weight Management 60 minute consultation / 60 minute follow-on sessions

Discounts available if you book a course of 4 or more treatments.

Seasonal offers also available – please check the website regularly for information.

1 offer special rates available for sports clubs and groups – please call for details.

Regular treatments provide greater long-term health benefits

Whatever your lifestyle, we can help you feel fit for life, and fit for sport

- Swedish Massage  
A lighter form of massage that can be relaxing or stimulating, dependent on your needs. It is particularly helpful in releasing built-up muscular and mental tension, relieving back ache, helping you relax and unwind, as well as boosting your circulation and energy levels.
- Stress Relieving Aromatherapy Massage  
By using carefully selected aromatic oils combined with lighter massage techniques, Aromatherapy works to restore harmony between the body and the mind. It is particularly helpful in releasing tension caused by emotional and mental stress, assisting in lymphatic drainage, and it is very beneficial as a post-race massage.
- Footwork & Reflexology  
Do you have tired or aching feet? Are you recovering from an injury? Do you suffer from swelling of the ankles? Do you have poor circulation?
- Nutrition & Weight Management  
These can be series of massage treatments, or one-off treatments, which aim to support people who are trying to lose weight or who would like to achieve a more healthy lifestyle and more nutritious eating habits.

My Footwork treatments include massage and Reflexology, and can provide relief for tired or uncomfortable conditions often experienced in the lower legs and feet. These treatments are also highly beneficial pre- or post-event, and also work effectively alongside a sports massage.

Appointments  
To book an appointment at a time convenient to you, please contact me on the numbers below.

All consultations and treatments are held in the strictest confidence. Late cancellation and no-show policies apply (please see website for details).

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- Sports Massage – Therapeutic, Remedial & Deep Tissue Massage
- Stress Relieving Aromatherapy Massage
- Injury Prevention & Rehabilitation Programmes
- Nutrition & Weight Management
- Lifestyle Advice

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Katherine Johnson MCHT, MHFST, FHT  
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- Reflexology & Massage Therapy

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Client: **Orchid Massage & Natural Therapies**

- Full marketing campaign management
- Logo design and brand identity
- Leaflet, business and appointment cards
- Business stationery, consultation record sheets
- Adverts, postcards, flyers, press releases
- Strategic marketing advice & copy writing
- Website: [www.eastleighmassagetherapy.co.uk](http://www.eastleighmassagetherapy.co.uk)