

Chair Massage



On-site chair massage is a seated massage treatment applied in an ergonomically designed chair. The chair is adapted to suit each individual and will allow you to fully relax as it takes the pressure off the postural muscles.

About this Activity

£10 per 30-minute session. Treatments must be booked and paid for in advance.

To enquire please use the below enquiry form.

Our massage therapists will apply soothing Acupressure techniques. Along the back, neck, arms, shoulders and head.


Each person is required to complete a safety form prior to their massage to ensure our therapist is aware of any injury or ailment so that we can best take care of you.

For example, if you have tight shoulders or a sore lower back, you may require our therapists to concentrate more on this area; in essence, our therapists always tailor the pressure to the individual and can omit to treat certain areas depending on preferences.

 Date

Every Thursday

**Thu,
2nd Nov
2023**

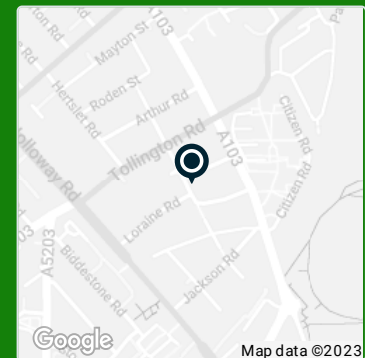
 1:00pm - 2:15pm

 Price

£10

 In-Person

**Stress Project Therapy
Centre
2 Shelburne Road,
London
N7 6DL**



- Do not have a treatment on an empty stomach.
- There is no need to undress since no oils or creams are used for the treatments.
- Wear comfortable clothing such as jogging bottoms and a cotton t-shirt for the treatment.

Accessibility Information

- 2 Shelburne Road, Islington, London N7 6DL Stress Project Therapy centre is a corner building and the front door is in Annette Road access ground floor with partial wheelchair adaptation Tubes Holloway Road, Finsbury Park, Highbury & Islington Trains Drayton Park, Finsbury Park, Highbury & Islington Buses 17, 29, 43, 91, 153, 253, 254, 271, 393 Parking restricted Monday to Friday 8.30am-6.30pm & Saturday 8.30am-1.30pm. (additional restrictions when Arsenal are playing a home match: Monday to Friday 6.30pm-8.30pm, Saturday 1.30pm-4.30pm, Sundays and Bank holidays noon-4.30pm. see www.arsenal.com). One hour free parking on Holloway Road in bays Two hour free parking in Waitrose car park for customers Two hour pay and display parking bays on Lorraine Road and Hornsey Road All day pay parking at Sobell Centre, entrance on Hornsey Road opposite Arthur Road

