

Massage



Massage therapy is the manipulation of soft tissues of the body including, muscles, connective tissues, tendons, ligaments and joints. Massage Therapy is a clinically-oriented healthcare option that helps alleviate the discomfort associated with everyday and occupational stresses, muscular over-use

About this Activity

Complementary therapies are available by appointment only

Thursday

9.45am

11am

12pm

Cost £20 per session. All treatments must be booked and paid for in advance.


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 The ground floor has 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-

 Date


Every Thursday

**Thu,
2nd Nov
2023**

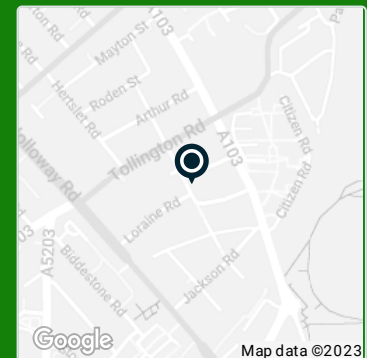
 9:45am - 1:00pm

 Price

Free

 In-Person

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



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 Loraine Road and Hornsey Road All day pay parking at Sobell Centre, entrance on Hornsey Road opposite Arthur Road

