



Gavin Ashfield

ITEC L4 CERT MA

After discovering the benefits of Sports, Remedial Massage & Soft Tissue Therapy, Gavin decided on a change of career and studied for an ITEC Level 3 & 4 Sports Massage qualification at the Jackie Hamilton School of Therapies, Norwich, completing his qualifications in August 2017.

Gavin aims to ease and alleviate aches, pains and injuries that are attributed to your body's soft tissues, through treatments that range from Deep Tissue, Sports and Remedial Massage. Remedial massage and soft tissue therapy isn't a 'one-size-fits-all' tool and so to provide you with the best experience, each treatment will be specifically tailored to your individual needs and requirements.

Sports Massage

Sports Massage is a form of manual therapy which involves the manipulation of soft tissue to improve flexibility and circulation, and to release tension in tight muscles. This therapy will benefit anybody suffering from muscular pain and discomfort.

Deep Tissue

Deep Tissue Massage reaches deeper layers of muscle and soft tissue combining firm pressure with a slow tempo. The aim of this treatment is to break down tension and relieve pressure points throughout the body.

Remedial Massage

Remedial Massage is one of the most effective ways to prevent, maintain and treat muscular injuries, pain and soreness, by utilising advanced techniques to restore optimal, pain free movement. The techniques involved can be Trigger Point Release, Neuromuscular Technique, Muscle Energy Technique and Soft Tissue Release.

Gavin continues to expand his knowledge in other different treatment modalities, such as Myofascial Dry Cupping and has also recently gained a qualification in Dry Needling, a highly effective treatment that involves inserting needles into trigger points in muscles to relieve pain, reduce inflammation and increase range of motion.

Gavin is fully insured and a member of the Sports Massage Association.