

Herbs AND Hands.co.uk

- Maintenance
- Injury Prevention
- Optimising Performance
- Post Event Massage
- Rehabilitation



CALL TO BOOK
YOUR 15 MINUTE
**FREE TASTER
SESSION!**

Sports & Remedial **Massage**

Sports & Remedial Massage



Renuka Russell, of Herbs & Hands, is a highly qualified sports and remedial massage therapist and herbal medicine practitioner working in the Peak District and central Sheffield.

Renuka participates in a variety of sports and has an understanding and appreciation of the impact of injury and the importance of optimum performance in your chosen sport. She offers treatment and rehabilitation programmes for a wide range of injuries and conditions and uses techniques including a range of deep tissue massage and stretching techniques. In addition she will provide advice on how to manage your condition or prevent further injury as well as recommending exercises and tips on diet and lifestyle.

Renuka offers a free fifteen minute session in order to assess how she can help you. It may be that you are suffering from a chronic injury or condition or that you simply want to maintain your current level of performance. Or it may be that you have a particular goal in mind such as a marathon or sportive.

Whatever your aims Renuka will work closely with you to support you in achieving this.

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