

About Me

I have been massaging clients for 10 years, after gaining my initial Esalen Massage qualification in the US, and my Advanced Clinical Massage Therapist (ACMT) qualification in the UK in 2014. I love learning and experimenting with new bodywork techniques to find the most meaningful ways of connecting clients deeply with their bodies. Currently I am on a qualifying journey of discovery with Myofascial Release (MFR), and my clients are finding this works more deeply for them. I feel very humbled to see clients return to their bodies after a treatment, and it is an absolute pleasure to help people feel great, move well and with ease. I take a lot of my cues in life directly from working with my animals and land. I find working closely with nature teaches me the importance of working with "what is" in any given moment, and the presence of continued healing and renewal in daily life. I look forward to meeting you, and if you would like to book an appointment, please just get in touch.

Warmest wishes, Kat



ESALEN



CERTIFICATE
IN ADVANCED
CLINICAL MASSAGE
THERAPY



FHTT
MEMBER

Days & Times

Massage for Health and Wellbeing,
2 Old Moor, Littleham, Bideford, EX39 5HT
Thursday and Friday 10am - 7pm

Prices

60 mins	£50
90 mins	£70

Contact



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Massage for Health and Wellbeing



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massage
for health and wellbeing

By Kat Collier-Fishlock



Pregnancy Massage

Pregnancy massage is great if you need some lovely time to yourself, and for yourself, as your beautiful bump continues to grow. I can use, slow, long, peaceful, deep strokes to help move away aches, niggles and pain wherever you hold it. I am happy to give a massage treatment at any point in your pregnancy. There is no clinical evidence to support massage causes problems to a baby in utero before 12-13 weeks (contrary to a lot of belief systems). If you would like to speak further about this please contact me to have a chat.



Relaxation Massage

I use Esalen Massage (Swedish full body technique), which was pioneered on Native American soil replete with natural hot springs, next to the amazing and powerful energy of the Pacific Ocean in Northern California. It uses lots of long, soothing strokes with a little compassionate deep tissue work and gentle stretching. This treatment learned at the heart of all things Esalen (The Esalen Institute) is the perfect antidote for long-term stress build up, anxiety, work and relationship troubles, self-esteem issues and depression. If you open fully to this treatment, it will encourage you to unwind and meet yourself again – wholly in your amazing body (whatever you think of it).



Deep Tissue/Sports Massage/ Trigger Point Therapy (Travell and Simons)

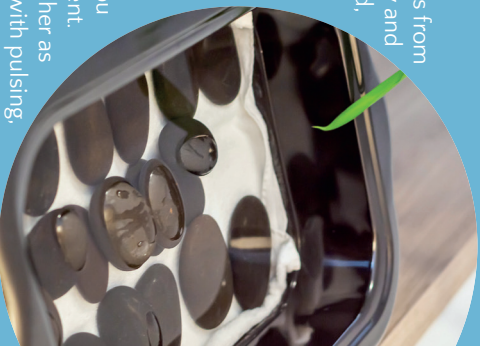
Having trained both in the US and UK, the answer to which type of massage I do has always been an interesting one. If you'd like an assessment of an area due to pain markers and flags, e.g. a sensitive area on your back post-op, experiencing ankle or knee weak tissue post-sprain, dealing with aching quads or IT bands from a gym work-out or running; why don't you come for some compassionate, slow, deep work with specific Trigger Point



Therapy to your myofascia (the collagen and elastin network that surrounds, permeates and attaches to every muscle and bone in the body)? I incorporate stretching in to the areas treated, and I'll discuss some self-care tips that you can integrate in to your daily routine to help keep you working with your body for optimal healing.

Hot Stones

Being massaged with hot stones from head to toe can get you happily and gradually back in to a tired, cold, overworked body. I move the stones slowly and carefully so that your body has the time to accept the heat and you feel like you are dropping in to a warm and safe body space. I have some hot stones that can also be used for cold therapy, which are brilliant if you feel you need a cooling treatment. Hot and cold can be used together as a combination therapy to help with pulsing, congested and swollen areas (as long as the swelling is not acute or caused by infection – immune system's inflammatory response).



Myofascial Release (MFR) John F Barnes Technique

This is what I believe to be the diamond standard of true healing touch. John has clinics in Arizona, US and has been working, researching and teaching his work for over 50 years. He has trained in excess of 100,000 medics, physios, massage therapists, chiropractors and osteopaths internationally.



What's so special about it?

This is the slowest, deepest work, you are ever likely to encounter when being touched from the outside. I work to sink slowly in to the true fascia level with my hands, fingers, thumbs, elbows, forearms. Once I have contacted your fascia, your fascia moves me. That pure movement of the fascia is called "unwinding". I essentially move with your fascia in one area, and often the fascial network can be seen to communicate around the entire body, unwinding other areas, and targets origins of pain, stress and discomfort that you may always have had a feeling about, but never been quite able to pin-point.

This treatment is really appreciated and sought after by people that have no idea what is wrong with their muscles or joints after being clinically diagnosed and receiving multiple scans (with little or no results). If people have been holding psychological and emotional trauma and distressing memories for a long time – this body unwinding can help to deal with that "holding" of experienced trauma. Often, people come to me for this treatment when they have been to everyone else, and are on the verge of giving up and living with their physical and mental pain. Please don't despair, just let me know, and let's see what we can do together. Remember your body has everything you need inside it to be healthy, sometimes things just need to be released and acknowledged by us, so that we can move forward to a life with less pain, and a freer self.

Tailored Massage

If you want a bit of everything in your treatment to suit you in that moment, that's absolutely fine – I can do that too. Like the kettle, the hot stones are always on!