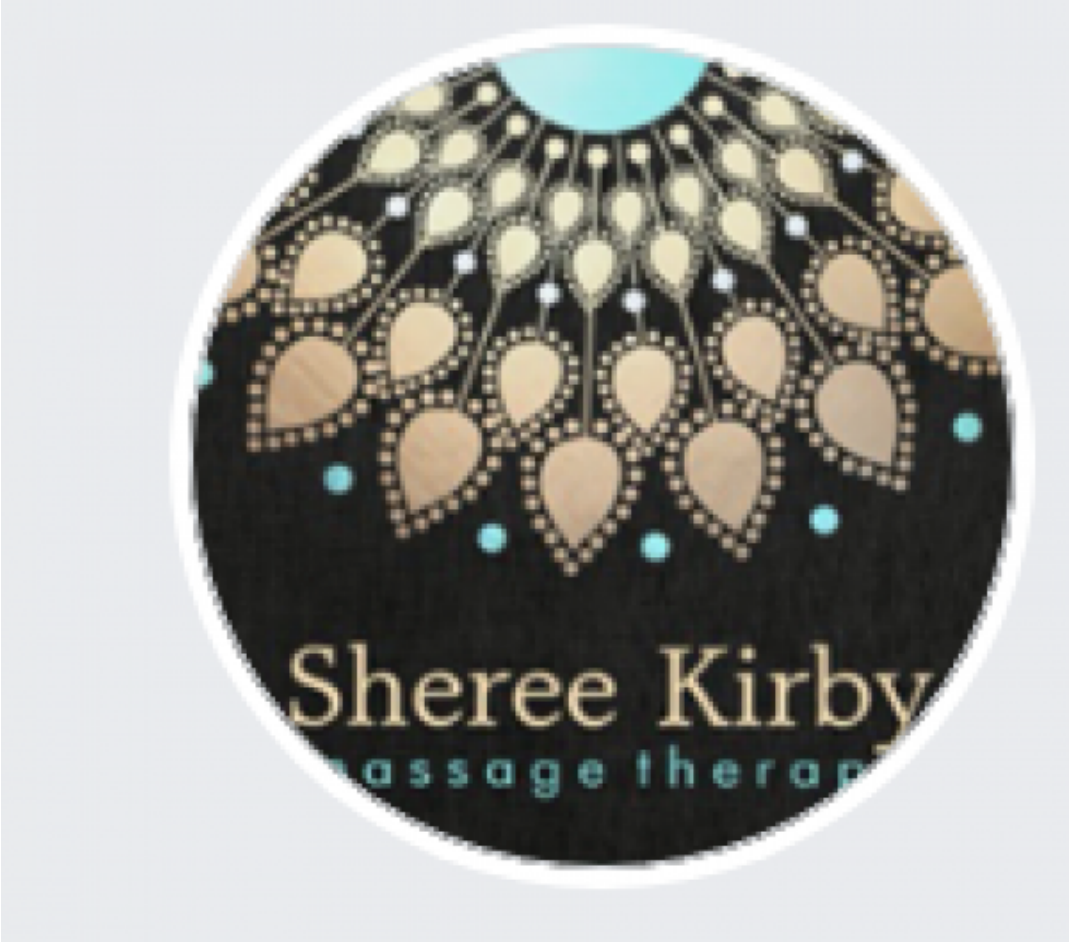
Sheree Kirby Massage Therapy



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ABOUT USSheree originally comes from a financial and educational background, and holds a BA (Hons) in Primary Education so understands the importance of managing stress in todays ever busy, fast paced, target driven world. Sheree has also worked on projects for the NHS regarding Adult ADHD and knows how the condition impacts on the lives of those with a diagnosis and their families.
She has always been passionate about helping others and decided to change career direction to study massage therapy where she could help others through the power of touch. Sheree studied holistic massage under the renowned Ron Nauth at Morley College and is fully qualified in Professional Body Massage and Anatomy, Physiology and Pathology, City and Guilds Level 3 Diplomas. Sheree also holds an accredited

diploma in Advance and Deep Tissue Massage, Indian Head Massage and Myofascial Release.
Sheree practices holistically focusing on her clients physical and emotional needs as she understands the importance of restoring balance between the mind, body and spirit. Her professional holistic massage therapy offers relaxing and rejuvenating treatments that nurture her clients. The massage treatments have many health benefits including being good for reducing stress and promoting relaxation, and improve mood and her deep tissue massage will help relieve chronic muscular tension, tight muscle knots or help with injury rehabilitation. These are NOT sexual so please do not ask for sexual services as this goes against her Professional Integrity.
She offers her massage treatments in her comfortable and relaxing home in Catford, London. There is FREE PARKING outside and it is within easy travelling distance of Bromley, Bellingham, Grove Park, Hither Green, Lee, Mottingham, and Beckenham.
Sheree is also an Independent Consultant for NYR Organic and incorporating more and more of their ethical and certified organic products into the treatments she provides. She is revisiting her beauty therapist training and will be offering facials using NYR Organic products in the near future. She also sells the products directly to her clients or through her website.
Sheree is a member of the Complementary Health Professionals and insured with Holistic Insurance Services.BENEFITS OF MASSAGE
Massage is a great for relieving stress
Promotes relaxation
Can improve sleep
Massage increases circulation and improves blood flow
Massage has positive effects on mood as it releases the 'feel good' hormones - dopamine, serotonin and oxytocin
Improve concentration
Help to reduce anxiety
Ease symptoms of depression
Reduce muscle tension
Alleviates muscle soreness after exercise
Enhance exercise performance
Massage can help relieve feelings of isolation through the therapeutic power of touch
Improves circulation of the lymphatic system as it increases the excretion of waste products from the body
Massage can boost the immune system

Having regular massages can build up the immune system.
Massage can be used to either stimulate or soothe nerves in the body by the type massage movement used.
Regular massage treatments beneficial to the skin it exfoliates dead skin cells
Increases nutrients to the cells and brings about cell regeneration
Skin colour can also be improved
Reduce scar tissue
Massage improves joint mobility
Reduce pain of osteoarthritis
Decrease rheumatoid arthritis pain
Alleviate lower back pain
Increase healing of soft tissue injuries
Improves posture
Relieve headaches and migraines
Reduces fatigue
Helps fibromyalgia painTREATMENTS Holistic Massage
Holistic massage is an individual treatment that focuses on the 'whole' person. It is not just focused on the physical body but also the mind and spiritual wellbeing of the client with the aim to rebalance the mind, body and spirit.
Holistic massage is aimed at everyone to help people deal with emotional and physical problems through the use of therapeutic, nurturing touch.
It incorporates the Swedish massage movements of effleurage, petrissage, tapotement and friction which provide a relaxing or rejuvenating massage to a client and help physically by releasing tight muscles, remove waste 'toxins' from the body, improve circulation, increase joint mobility, ease pain and aid restful sleep. On an emotional level the use of non-intrusive, caring touch calms the mind, reduces stress and makes you feel nurtured restoring balance to the whole of you.Lomilomi Massage
Lomilomi massage is a traditional massage from Hawaii. It is a holistic treatment which brings harmony to the client's mind, body and spirit as the massage is given with the intention of aloha (unconditional love). Pule (prayer) can also be included in the treatment with the client. Lomilomi is a full body treatment which is deeply nurturing and healing.
Unlike other massages were lots of draping is used Lomilomi has minimal draping using a sarong or loincloth due to the rhythmic flow of the massage and oil use. The massage starts with hands being laid on the client and focusing on breathing and the intention aloha set for the massage.
Lomilomi massage differs to other types of massage as it feels like one continuous, fluid stroke from head to toe and involves long strokes using both the therapist's

forearms to provide maximum touch which is very loving but is not sexual. These long flowing strokes vary from light to strong in pressure and are very healing and balancing physically, emotionally and spiritually for the client.
Lomilomi massage is good for addressing muscle pain as well also improving circulation and boosting your immune system. It is very beneficial for stress and tension relief and bringing deep relaxation through its soothing strokes.
Lomilomi massage can also be known as Lomi Lomi massage, Hawaiian massage or 'Loving Hands' Massage.Deep Tissue Massage
Deep tissue massage focuses on the deeper muscle layers, tendons and connective tissue (fascia) using slow, deep massage strokes and also direct pressure to identify and release restricted muscles, muscle stiffness, knots and areas of pain and relieve chronic muscle tightness.
Deep tissue massage is aimed at everyone, as it is easy to adopt poor posture habits through repetitive actions or mental and emotional influences that effect the body.
Deep tissue massage can be particularly helpful to athletes and people who exercise, people who have chronic joint or muscle injuries and those who do repetitive work which causes strain on muscles and joints. It can also be very beneficial to people who suffer from stress. Indian Head Massage
Indian Head Massage is a highly therapeutic treatment which originates from the ancient system of of Ayurveda medicine. It is also known as 'Champissage'
Indian Head Massage
30 minutes includes head, neck, shoulder and back massage. With or without Fractionated Coconut OilLuxury Indian Head Massage
45 minutes includes head, neck, shoulder, back, facial massage and balancing energy work. With out without NYR Organic Argan Oil

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