

andrew aitken massage

REMEDIAL &
STRUCTURAL
BODYWORK

“I will be for ever thankful to Andrew for listening and being so intuitive to what my body needed”

What kind of massage is right for me?

There are lots of different kinds of massage available, quite simply, some of them aim to relax and pamper you, some aim to fix a problem or injury.

So do you have to choose one kind over the other? No, not really. A bodywork session can both relax you and correct your problems.

An experienced therapist knows by looking and touching what an individual person needs to make them feel better. The best bodywork sessions are tailored to your requirements.

Good communication between the client and therapist will achieve the most effective and nurturing experience for you, not just following a set pattern of strokes over and over again.

Penny Withers Studio
16 Newton Place
Glasgow G3 7PR
07860 714 696

The Buckingham Clinic
24 Buckingham Terrace
Glasgow G12 8ED
0141 339 4340

message@andrew-aitken.co.uk

