



Frequently Asked Questions

Tom's Massage Therapy

What types of massage do you offer?

We provide a range of professional massage treatments:

Sports Massage - improves performance, prevents injury, and aids recovery.

Remedial Massage - addresses muscular pain, tension, postural issues, and chronic conditions.

Post-Event Massage - reduces soreness and speeds recovery after races or intense physical activity.

Swedish Massage - gentle and relaxing, promoting overall wellbeing and circulation.

Other Alternative Therapies - tailored treatments to support mobility, flexibility, and holistic health.

How long is a typical massage session?

Sessions generally last 30-60 minutes, depending on the treatment and individual needs. Extended sessions can be arranged if required.

How do I book an appointment?

Appointments can be booked via our website, phone, or email. Advance booking is recommended to secure your preferred time.

Do I need a referral from a doctor?

No referral is usually required. However, if you have a medical condition or injury, consulting your GP beforehand is advisable.

Will a massage be painful?

Some mild discomfort may occur when addressing tight muscles or chronic tension. Sports and remedial massage can feel deeper, whereas Swedish massage is generally gentle and relaxing.

What should I wear during a massage?

You will be partially undressed to your comfort level, with appropriate draping used at all times. Only remove what is necessary for the area being treated.



How should I prepare for my session?

Drink water before and after your session

Avoid heavy meals immediately beforehand

Arrive a few minutes early to relax and discuss any health concerns

Can massage help with injuries?

Yes. Remedial and sports massage can support injury recovery, reduce muscle tension, improve mobility, and help prevent future injuries.

How often should I have a massage?

Post-event recovery: after each event or intense session

Chronic tension or pain: weekly or bi-weekly

General wellbeing: monthly or as needed

Are there any conditions where massage is not recommended?

Massage is not suitable in certain cases, including:

Severe infections or contagious illnesses

Open wounds or recent fractures

Certain heart conditions or serious medical issues (consult your GP)

Can massage improve performance?

Yes. Regular sports and remedial massage can increase flexibility, reduce recovery time, prevent injury, and optimise overall physical performance.

Is massage suitable for everyone?

Massage is generally safe for most adults. If you have any health concerns, injuries, or medical conditions, please discuss them before your session.

Tom's Massage Therapy - helping you move better, recover faster, and maintain optimum physical health.

Remedial and Sports Massage Therapy Loughborough & Leicestershire
