Testimonies from Professional Musicians

"I don't think I'd have got through without the massage, I'd have seized up. It's probably the only thing that keeps me going."

Julia
Violinist
Hallé Orchestra

"The last massage worked like a treat. It made a massive difference. After a massage I feel so much more relaxed playing the violin and more aware of how I'm sitting and holding the violin."

Simon
Violinist
BBC Philharmonic

"Massage has done me so much good, I really feel different after a session. Also, it has been useful in making me aware of where I hold the tension. I wish this had been available when I was a student. At least now I feel through regular massage I'm helping to prevent the build-up of muscular damage and so help prolong my 'playing life'."

Barbara
Cellist
Manchester Camerata

Massage for Musicians

Gill El Najar
Practitioner of Therapeutic Massage
BA (Hons), DTM, MSHP

Massage for Musicians

Playing a musical instrument is a wonderful skill to have, but it often puts the body under unusual stress and strain.

As a result of the prolonged holding and playing of an instrument the body, especially the neck, shoulders and arms, can build up a habitual pattern of tension which is not always easy to release. Also, tightness in the muscles can be compounded just by carrying the instrument around.

All this can eventually result in chronic stiffness, aches and mobility problems and, if not addressed, can impair the overall healthy functioning of both the body and mind. If our body is not at ease, it is hard for our mind to be.

Massage is an excellent way to relax taut muscles and re-educate the body in the art of relaxation. If muscles are tight over a long period this can become the norm for us and we do not even recognise the state of tension, let alone know how to let it go.

Not only the muscles benefit from the boost to the circulation of blood and lymph which massage gives, the health of the internal organs and immune system, indeed of the whole organism, is enhanced.

Massage is so much more than just a luxury. A de-stressed, revitalised body and mind will perform better in all areas of life.

Discounts available for students.

For more information contact Gill El Najar: ~~0161 - 881 8229~~
07726 408144

The Bell Practice
Clayton