



I had a problem with my left shoulder and upper left back. I had two sessions with Cat where I received massage and therapy centring on my upper back and both front and rear aspects of my shoulder.

The massage was excellent and sorted out an accute (short term) problem with my back and has gone a long way to sorting a chronic (long term) problem with my shoulder. Only two sessions and we have made much headway.

A most professional and expert therapist and I would highly recommend treatment for any major or minor ailment.

R. Taylor (still old but less sore)