

Alleviate (Heat Therapy)

Alleviate is a muscle rub for topical application before, during and following exercise. Before exercise it assists with warming and loosening the muscles, during exercise it helps to keep muscles supple and following exercise it helps to support the body's recovery. This product can be applied three or four times daily.

Biofreeze (Cold Therapy)

Biofreeze pain relieving products are the most widely-used and confidently recommended products by hands-on health professionals for over 15 years. Biofreeze Pain Reliever offers temporary relief of minor aches and pains related to:

- Back, Shoulder, and Neck strains
- Ankle, Knee, Hip and Elbow joint discomfort
- Muscle sprains and strains

Biofreeze produces the same sensation that accompanies icing. Unlike ice, Biofreeze allows patients and clients to remain active during treatment. Pain is relieved through the use of a process called cryotherapy. Also known as "cold therapy", cryotherapy is the application of cold to decrease inflammation and relieve pain.

Whether you are an athlete or simply have a physically demanding occupation, Biofreeze can help facilitate freer, more pain-free movement. These products can also provide effective relief for people troubled by sore muscles and muscle sprains.

Our Massage Therapists will provide advice and guidance about these products which are available for purchase at the Havelock Clinic.

Massage Therapists

Highly qualified and experienced, our massage therapists Samantha Beckett, Wendy Chaplin, Jason Croucher and Aubrey Mass offer a range of massage treatments from supreme relaxation to treatment of specific muscular problems.

Clinic Information

Massage Therapists
1 Havelock Business Park
Havelock Road
Maidenhead
Berkshire SL6 5FH

Opening Hours

Monday 08.00 - 14.00
Tuesday 16.00 - 20.00
Wednesday 08.00 - 13.00
Friday 08.00 - 12.00
Saturday 08.00 - 12.00

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