

**EQUINE SPORTS  
MESSAGE THERAPY**



*“Equine massage is the manipulation of the soft tissues of the body”*

My name is Emily Whitfield and I am a fully qualified and insured equine massage therapist with a diploma in Equine Sports Massage from the Institute of Complimentary Animal Therapies (ICAT).



contact me on  
**07762909158**  
(anytime)

Please check out my website:

**[www.surreyandhantsequinemassage.co.uk](http://www.surreyandhantsequinemassage.co.uk)**  
for more information on massage, prices and offers.

**equine  
massage**



The massage therapy for release of physical and behavioural tension

**CLARA JOLLANDS**  
**I.T.E.C. EQUINE MASSAGE**

Based in Graffham, Nr Petworth, West Sussex  
T: 0794 7003441 E: [brookbarn@hotmail.com](mailto:brookbarn@hotmail.com)

**The Benefits of Massage**

- ★ Improves performance and temperament
- ★ Improves suppleness and range of movement
- ★ Reduces adverse effects of over-training
- ★ Aids recovery after competition
- ★ Speeds the removal of toxins
- ★ Relieves muscular tension
- ★ Beneficial in the rehabilitation of seriously injured horses

