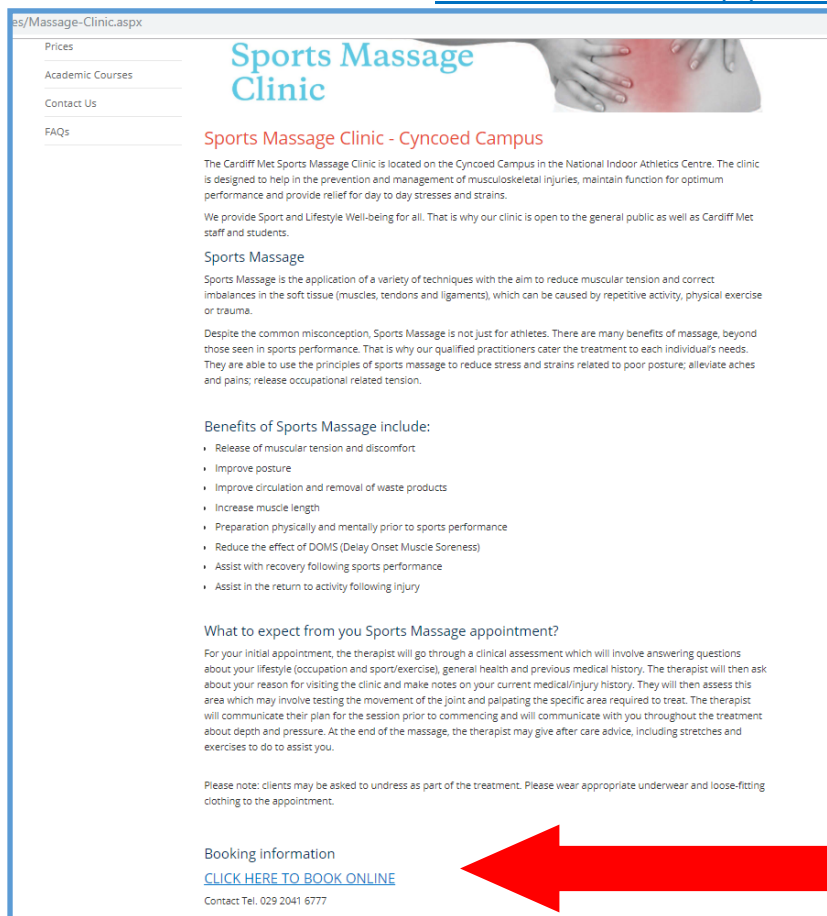


# Booking Massage Online

To book your massage online please visit our Cardiff Met Sports Medicine Page

[www.cardiffmet.ac.uk/sports-med](http://www.cardiffmet.ac.uk/sports-med)



The screenshot shows the 'Sports Massage Clinic' page. It includes a navigation menu on the left with links for Prices, Academic Courses, Contact Us, and FAQs. The main content area features the clinic's name, a description of its location and services, and a list of benefits of sports massage. A red arrow points to the 'CLICK HERE TO BOOK ONLINE' link at the bottom of the page.

as/Message-Clinic.aspx

Prices  
Academic Courses  
Contact Us  
FAQs

## Sports Massage Clinic

### Sports Massage Clinic - Cyncoed Campus

The Cardiff Met Sports Massage Clinic is located on the Cyncoed Campus in the National Indoor Athletics Centre. The clinic is designed to help in the prevention and management of musculoskeletal injuries, maintain function for optimum performance and provide relief for day to day stresses and strains.

We provide Sport and Lifestyle Well-being for all. That is why our clinic is open to the general public as well as Cardiff Met staff and students.

#### Sports Massage

Sports Massage is the application of a variety of techniques with the aim to reduce muscular tension and correct imbalances in the soft tissue (muscles, tendons and ligaments), which can be caused by repetitive activity, physical exercise or trauma.

Despite the common misconception, Sports Massage is not just for athletes. There are many benefits of massage, beyond those seen in sports performance. That is why our qualified practitioners cater the treatment to each individual's needs. They are able to use the principles of sports massage to reduce stress and strains related to poor posture; alleviate aches and pains; release occupational related tension.

#### Benefits of Sports Massage include:

- Release of muscular tension and discomfort
- Improve posture
- Improve circulation and removal of waste products
- Increase muscle length
- Preparation physically and mentally prior to sports performance
- Reduce the effect of DOMS (Delay Onset Muscle Soreness)
- Assist with recovery following sports performance
- Assist in the return to activity following injury

#### What to expect from you Sports Massage appointment?

For your initial appointment, the therapist will go through a clinical assessment which will involve answering questions about your lifestyle (occupation and sport/exercise), general health and previous medical history. The therapist will then ask about your reason for visiting the clinic and make notes on your current medical/injury history. They will then assess this area which may involve testing the movement of the joint and palpating the specific area required to treat. The therapist will communicate their plan for the session prior to commencing and will communicate with you throughout the treatment about depth and pressure. At the end of the massage, the therapist may give after care advice, including stretches and exercises to do to assist you.

Please note: clients may be asked to undress as part of the treatment. Please wear appropriate underwear and loose-fitting clothing to the appointment.

Booking Information  
[CLICK HERE TO BOOK ONLINE](#)  
Contact Tel: 029 2041 6777

Click the link to book online.

You will need your Member ID to Book Online.

(This will be on any receipts you have had from previous appointments).

If you do not have this please ask at reception.

## First Time Booking Online?

Please click 'Forgotten your Password?'

An email will be sent to the email registered on your account, which will allow you to set a secure password.


## Book Online

### Login

Member ID

Password

Login

 Forgotten your Password?

If you have any problems please contact reception on 029 2041 6777

Once logged in you will have the option to select a massage appointment to book.

These are split into 1 hour or 30 minute appointments.

You must also select if you are a :

Staff/student/OAP member or a non member.

**Please note**—If you are a non-member and try to book at the reduced rate it will not allow you to book.

# Book Online

[Home](#) [Make a Booking](#) [Manage Bookings](#) [Basket](#)

## Select Activity

Available activities in **Massage**

Massage 1hr £40.00

See T&C's online. 24hrs notice for cancellation or moving an appointment

Massage 30 Mins £20.00

See T&C's online. 24hrs notice for cancellation or moving an appointment

Staff/stu/oap/mem 1hr £30

See T&C's online. 24hrs notice for cancellation or moving an appointment

Staff/stu/oap/mem 30m £15

See T&C's online. 24hrs notice for cancellation or moving an appointment

Wed 08 Jan				
Gary	Jamie	Hywel	Rebecca	
10:00	10:00	10:00	10:00	
10:30	10:30	10:30	10:30	
11:00	11:00	11:00	11:00	
11:30	11:30	11:30	11:30	
12:00	12:00	12:00	12:00	
12:30	12:30	12:30	12:30	
13:00	13:00	13:00	13:00	
13:30	13:30	13:30	13:30	
14:00	14:00	14:00	14:00	
14:30	14:30	14:30	14:30	

Next please select your appointment time. Practitioners are found along the top row and available appointments are shown in green.

Next complete your booking by selecting 'Book and Checkout.' This will take you to the payment screen to complete your booking.

The appointment will be saved for 10 minutes and your booking will be deleted if no payment is made.

## Complete Your Booking

### Staff/stu/oap/mem 30m £15 [Jamie]

Wed 8 Jan, 12:00 (30 mins)  
**£15.00**

#### Comments

See T&C's online. 24hrs notice for cancellation or moving an appointment

Do you want to make this booking?

Add Additional Booking

Book & Checkout

Cancel