

★★★★★ Heidi is brilliant, I'd thoroughly recommend, talked through everything she was doing, communicated well regarding my pain threshold and has provided exercises to do after the appointment

★★★★★ Highly recommend Heidi. She is fabulous and her extensive knowledge is her super power. Kindness and support from the moment the door opens until the after care email arrives.

★★★★★ Heidi is absolutely brilliant, she really understands how the human body works, listens and explains clearly what she is doing, the massage was amazing and I felt great after.

★★★★★ Excellent professional knowledge delivered in a way that instantly makes you feel at ease. All work is completed with an explanation of what she is doing and why and also provides follow up exercises to continue to address problem areas. Small business with a highly personable approach. I will continue to recommend Heidi to friends and colleagues.

★★★★★ Heidi is amazing. So knowledgeable and professional. Absolutely sorted out my various niggles! Highly recommended

★★★★★ Heidi explains everything so well as she is treating you. She concentrates on the smaller muscles not just the large muscle group. These small ones are sometimes 'switched' off and so need to be reawakened. The exercises to follow for rehab are also excellent and Heidi is happy to help you find the ones which work for you.

★★★★★ So lovely to have a massage by someone who understands my sport and hence issues which can occur from that sport. Explained everything very clearly and didn't bombard me with too many different stretches.

★★★★★ Fantastic session. Heidi is really knowledgeable and also genuinely interested in finding the best way to help with any problems. I would definitely recommend!

★★★★★ I recently received treatment from Heidi, focusing on my glutes, hamstring, and overall rehabilitation, and I couldn't be more pleased with the outcome. From the outset, the approach felt highly professional and tailored specifically to my needs. The treatment itself was extremely effective — I noticed a significant reduction in pain and tightness across my glutes and hamstring almost immediately. The hands-on work not only targeted the problem areas directly but also helped improve mobility and overall comfort. What really stood out was the level of expertise and guidance provided. Alongside the treatment, I was given clear, structured rehabilitation exercises that were easy to follow and clearly designed to support long-term recovery. The advice was practical, insightful, and gave me confidence that I could continue improving independently between sessions. Overall, the combination of effective treatment, noticeable pain relief, and expert rehabilitation guidance made this a very positive experience. I would highly recommend this to anyone dealing with similar muscular issues or looking for a comprehensive recovery approach.

★★★★★ Fantastic experience, Heidi professionally explained what was happening with my muscles and what she was doing to improve them. She made me feel relaxed and at ease throughout and most importantly really improved my back and shoulder issues. Thank you Heidi!

★★★★★ I have been visiting Heidi at HBW Sports Massage for about 6 months. I visit around every 6 weeks. After a lifetime of abusing my body through various sports, countless injuries and

broken bones I am no stranger to the aches, pains and niggles of an ageing body. My own mismanagement of those injuries and rehab over the years has only added to the problem. Heidi has been excellent and listened to my long list of problems and we are slowly working through the root cause of each one and she has developed a programme for me aimed at reducing their impact. Interestingly she has identified issues I did not know I have! I was probably aware in my body of the impact but not where they were originating from. My regular visits to HBW Sports Massage have now become an integral element of my Triathlon training programme. I would recommend anyone considering a sports massage to visit Heidi.

★★★★★ I've now had two sports massages with Heidi at HBW Massage and I couldn't be more impressed. From the very first session, it was clear how knowledgeable and experienced she is. She doesn't just treat the symptoms, she takes the time to explain what's going on, why certain areas are tight or restricted, and how everything connects. What really sets Heidi apart is the combination of her superb sports massage technique and the practical advice she gives alongside it. After each session, she's provided clear explanations and targeted exercises to help me maintain the benefits and prevent further issues. It feels like a complete treatment plan rather than just a one-off massage. The massages themselves are excellent — firm, focused, and incredibly effective. I've noticed a real improvement in mobility and recovery since starting with her. If you're looking for a sports massage therapist who is professional, knowledgeable, and genuinely invested in helping you improve, I highly recommend HBW Massage. I'll definitely be booking again!

★★★★★ Heidi is knowledgeable and explains everything clearly so you know exactly why you need to do the rehab exercises that she prescribes. She's just brilliant, go see her!

★★★★★ I visited Heidi following recommendation from my partner (who was recommended by a colleague). I was so impressed with the way in which Heidi not only provided a brilliant massage, but took the time to conduct an assessment and explain to me which muscles were contributing to my pain and how we can go about trying to strengthen them. Heidi also took the time to create and walk me through a tailored exercise plan to compliment my treatment. A fantastic service, I have already recommended to many friends and will definitely be back. Thank you!