



## Clarity house of massage

Whilst its always great to hear from new clients I must admit that when Derek Walker of Clarity House of Massage called and invited me to pop in to see him my first thought was "Oh no, how am I going to fit this in?"

Fast approaching our print deadline I felt like the last thing I had time for was a relaxing massage. Like most working parents I'm sure, time for relaxation is something that can only be considered once everything else has been ticked off the list. Little did I know the benefits in store for me!

I agreed to see Derek on Tuesday morning and was immediately impressed by the beauty of Clarity House and of Derek's calm, welcoming personality. Clarity House is situated on Dunfermline's New Row, just down from the Alhambra Theatre – excellent for parking and easy to find.

I have to admit that I did have a fixed idea of massage treatments. In essence I thought of them as beauty treatments which are enjoyable at the time but seem to hold no long-term benefits for me. Once back in the family environment I can instantly feel my shoulders rising back to their normal position just below my ears!

Derek spent some time first chatting gently with me – probably a good idea considering as usual I had had one espresso too many that morning and was operating at full speed. He took me through a health questionnaire, some-

thing he does with all new clients. This quickly identifies whether permission from a doctor is required and also often brings to light any aches and pains which can benefit from various forms of massage. For me I had no underlying health issues, however I did mention to Derek that the nature of my job often means long hours at the computer leaving me with neck pains each time. I also suffer pain at the base of my spine most mornings when I wake. These small aches I had put down to the disadvantages of my job and more reluctantly, my age.

With all the paperwork out the way and me feeling slightly calmer Derek took a look at my posture. I'm happy to report on the whole my posture is good apart from a slightly raised hip on my right side and my head being held a little to the left, shortening my neck on that side. Derek decided that I would benefit from Myofascial Release – massage in the form of gentle sustained pressure to release any unnatural tension.

Starting with a look at my pelvic alignment which reinforced the fact that my right hip was higher than the other, Derek started to check the muscles down my right hand side. Apparently my thighs held an excessive amount of tension – all credit to Derek for finding any muscles there at all! He explained that the muscles on the right side of the body run up from the lower leg, round the back and up to the opposite side of the neck. By applying pressure to my thigh he was able to release a lot of the tension – as a

result my leg muscles felt really soft and fluid. But most amazing of all is that by working that part of my body Derek was sure that it would alleviate the pain in my neck. I must admit to feeling a bit sceptical of this however when Derek later gave me a Swedish massage on my back there were no knots in my shoulder or neck area.

Even more interesting was that while Derek was massaging my back he noticed some dimpling at the base of my spine. He pointed out that without treatment this could lead to sciatica – which would explain the early morning aches. (When I told Valerie this part she guffawed "yea, I'll bet there's plenty of dimpling in that area!" Gee thanks!) He did some more Myofascial massage then used a G5 massage tool on it to disperse the tension. At the end of my session Derek left me to relax until I felt ready to leave - I could honestly have stayed all day!

I must admit that my overwhelming feeling on leaving Clarity House (with my free bottle of water!) was of happiness and with a definite spring in my step.

Contrary to my expectations I didn't feel like I had been put through the wringer! Sometimes I just love this job!

The best bit by far has been the long lasting effects of my visit. As I mentioned before this is our deadline week so I have been working every night and I can honestly say, hand on heart, that I have had ABSOLUTELY NO NECK PAIN AT ALL! In addition the ache in my lower back on waking has disappeared. As the lady in the laser eye treatment ad says, "I have been banging on about it to just about everyone!" I've been telling all my friends and family to book now!

There's so much more I could recommend about Clarity House but would urge you to go and find out for yourself. Their fully informative website – [www.clarityhouse.co.uk](http://www.clarityhouse.co.uk) – lists all the available treatments with explanations. From Hot Lava Shells to Deep Sports massage there is bound to be a treatment that appeals. In addition check out the promotions page for some great offers. I cannot wait for my next visit! Thank you Derek.

[www.clarityhouse.co.uk](http://www.clarityhouse.co.uk)  
83a New Row, Dunfermline KY12 7DZ  
tel: 07545 922547

