

Clarity House Review by client Robbie Handy

I won my massage at Clarity House in a magazine competition, and because I was unsure about which treatment to opt for, I had a mini consultation with Derek first. We discussed physical aches and pains which I'd been suffering from as well as tension caused by work related stress. Derek then had me face a mirror and pointed out my splayed feet, uneven shoulders, twisted back and contorted neck. When I compared myself to the medical diagrams on the wall, the difference was frightening: no one had dared to tell me before, but I resembled the lovechild of an unholy union between the Elephant Man and Quasimodo. My zombified posture was going to require a triple whammy of treatments, so Derek advised some deep-sports massage, Swedish massage and myofascial release.

After putting some relaxing tunes on the stereo, he got to work. The myofascial release treatment felt quite strange, as heat emanated from his hands slightly like reiki, but I could gradually feel movement in my limbs as blocks of toxins dissolved and were released. Deep-sports massage eased various injuries in my legs and back (brought on by years of weight training, boxing and a ten year stint in 'Michael Flatley's Riverdance' which ended prematurely because of Michael's violent jealousy over my superior 'leprechaun leap'. His fists are as fast as his size three brogues, but infinitely more deadly).

My uneven Quasimodic shoulders were straightened when pressure was applied down my spine and when I looked again in the mirror, they were corrected: you could have nailed a bookshelf along my shoulders and filled it with weighty tomes (for example :all of Jordan's autobiographies ,the entire Harry Potter collection, with room on the end for The Da Vinci Code and the complete 'Allo 'Allo scripts).

I then relaxed with a final Swedish massage complemented by some aromatherapy oils. I felt an incredible sense of well-being and mental relaxation. I floated away to the Mother Planet, returning gently to Earth as my hour elapsed. I felt completely relaxed by the end of the session, yet charged with positive, powerful energy. I treated myself to a day off for this treatment as I had been very stressed because of a negative situation at work and had ongoing problems caused by physical training and bad posture. I honestly walked out of Clarity House feeling 100% better. When I got home, I relaxed on the settee watching 'Bob Marley: Live at the Rainbow 1977' . A 'Positive Vibration' all round.

By Robbie Handy 15/12/09