

Water's Edge Massage Therapy



Hello! My name is Lizzie Bagley and I am a qualified advanced clinical massage therapist (*Jing Method™). I am passionate about the power and benefits of soft tissue therapy. My focus is on achieving maximum results using a fusion of techniques to ensure relaxation of the mind and body whilst addressing issues in the soft tissues (muscles, tendons and ligaments) that may be causing pain, discomfort or reduced range of motion in joints.

Whether you are looking for a luxuriously relaxing treatment or need help with a specific pathology or injury, I can help by working the soft tissue around the problem areas to enable normal function.

I switched careers and trained in massage in 2018 at St Mary's University and the Jing Institute of Massage and Complementary Medicine. I now live by the River Thames in Wraysbury where I work from my waterside treatment room. Massage gives me the opportunity to extend my enjoyment of people and their wellbeing and use my knowledge to help them.

I am super excited to be working with Heather, JC and Tony during their 2024 retreats. It's a fantastic opportunity to spend time with amazing people in a gorgeous place doing what I love most. I can't wait.

Cost of treatment is £50.00/hour

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***What is the Jing Method™?**

The Jing Method™ is a unique outcome based system for addressing chronic musculoskeletal pain through a tried and tested fusion of advanced soft tissue and massage techniques.

The Jing Method™ blends the best of advanced bodywork techniques from both East and West including trigger point, fascial work, acupressure, and stretching with a truly holistic approach based on the biopsychosocial model of pain and modern neuroscience.

You can expect a range of safe and effective manual therapies to be adopted within the Jing Method™, including application of heat, myofascial release, trigger point therapy, acupressure, stretches.

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