



# Abdullah Shamis

## Massage Therapist

Abdullah has worked at the Club for over 15 years, and his bespoke style of therapy endeavours to offer the client what is most appropriate.

Abdullah's unique techniques have been developed with the help of different masters of massage who have taught him remedially, deep tissue, therapeutic and full body massage.

His style combines deep/ soft tissue techniques and stretching, specialising in backache, migraine, sprains, strains and relaxation. His massage is very invigorating, suitable for those who require a firmer treatment.

Abdullah is also available for Reflexology, Indian Head Massage and Kinesiology treatments.