

# NEED TO UNWIND?

DESRA BARRON

PERSONAL TRAINER  
MESSAGE THERAPIST



## Desra Barron Personal Trainer

Does any of this sound like you?

- ✿ Wishing for greater fitness and flexibility?
- ✿ Would like to control your weight?
- ✿ Need body shaping and toning?
- ✿ Better Health and well-being?
- ✿ Stress relief and reduction?

With access to private and exclusive facilities as well as a number of local clubs and parks Personal Training has never been easier with Desra Barron Personal Trainer.

## Desra Barron Massage Therapist

Does any of this sound like you?

- ✿ Need sports massage to relieve tension?
- ✿ Want to feel relaxed, rejuvenated or more self-confident with a greater sense of overall well-being?
- ✿ Want to relieve stress tension or gain better relaxation?
- ✿ Assist in the rehabilitation or prevention of injuries?
- ✿ Improve posture and blood circulation?

Whether for your-self or for a loved one nothing compares to the Therapeutic Massage experience!

Are you an employer, team leader or just an inspirational person?

- ✿ Chair massage is an excellent employee benefit; this can mean happier employees and less absenteeism.
- ✿ A less stressful working environment is the most common requested condition for employees; why not provide this in your business model by utilizing onsite chair massage.



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