



*Surfed Out?  
Stressed Out?  
Need To Relax?*

- Chill with a **post-surf** massage for tired arms and legs
- Get in the holiday mood with a **de-stressing** massage
- Enjoy some 'you-time' with a **relaxing** massage



Appointments available in Bude town centre Sunday & Monday or in your holiday accommodation Tuesday— Friday

**Joanne Dorey**  
Itec Qualified Massage Therapist  
11a Princes Street,  
Bude,  
Cornwall,  
EX23 8AT

*Call to arrange an appointment*  
**TEL: (01237) 451610      MOBILE: 07792677294**