

Jessica Adams

Mobile Massage & Bodywork Specialist

A mobile massage and bodywork service, offering calm, professional and personalised treatments in the comfort and privacy of your home or holiday property.

Rates

*60 minutes — £100 *75 minutes — £125 *90 minutes — £150 *120 minutes — £200

All treatments are charged by time and fully tailored to your needs on the day.

Signature Intuitive Bodywork

A personalised treatment blending advanced massage, therapeutic bodywork and restorative techniques. Each session responds to how your body feels on the day — intuitive, considered and deeply supportive.

Deep Release Massage

A slow, steady approach that eases muscular tension, supports recovery and calms the nervous system.

Stretch & Restore

Assisted stretching and mobilisation designed to open the body, encourage movement and relieve stiffness.

Head, Neck & Foot Rebalance

A soothing combination of focused head, neck and shoulder work with grounding foot therapy.

Practicalities

- Trusted, discreet and highly professional
- All equipment provided
- Suitable for private homes & luxury holiday properties
- Consecutive or group bookings available
- NDAs welcome

With over 20 years' experience in advanced bodywork, Jessica brings a calm, intuitive and deeply personalised approach to every treatment. Her background includes working in high-end wellness and private-client settings, supporting individuals who value discretion, professionalism and genuine care.

Bookings & Enquiries

Jessica Adams
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