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New massage therapy ideal for chronic pain

A WOMAN has said her backpain has been greatly helped by the introduction of CBD oil into her daily routine, as well as CBD massages.

Eileen Fleming was speaking about the new CBD massage on offer from the CBD **Spa**, saying massage therapy had been brought to a new level for her.

"CBD oil was recommended to me by a trusted friend in March 2019 and not only has it helped my overall mental health and wellbeing, I can hand on heart say it has helped reduce the consistent back pain I suffer from as well as help me get a better nights sleep," Eileen said.

"I've had two CBD full body massages now and they both have brought massage therapy to a whole new level for me. The targeted techniques used are ideal for a person like me who suffers from chronic back and nerve pain."

The CBD **Spa** are offering their massage services now at The **Buff Day Spa** on South King Street.

For more information on CBD massages on offer, see cbd-spa.ie.