



# Live Your Best Life, With HMP!



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## Elite Level Physiotherapy and Holistic Health Services available now



### Physiotherapy

Experienced therapists, trained by Heath Matthews.



### Integrated Therapy

Heal your mind and body with acupuncture, hypnotherapy and childbirth education.



### Nutrition

Evidence based nutrition guidance to help develop nutrition & health habits that last.



### Strength & Conditioning

Train in house under the guidance of our qualified coaches.



### Deep Tissue Massage

Relax, unwind, and let our therapists work the tension away.



### Yoga

A safe space for movement, meditation, and building new relationships with our bodies and minds.



Location

16th Rd Khar West, Mumbai



Email

support@heathmatthewsphysio.com



Website

www.heathmatthewsphysio.in