

CLASSES	Pilates	55 min	6 wk term £54 7wk term £63	Reception 01424 215300
	Pilates - Special back care	55 min	6 wk term £60 7wk term £70	Reception 01424 215300
	Pilates - Holiday sessions	55 min	Pilates £9 each Back care £10 each	Reception 01424 215300
	Pilates - 1-2-1 Rebecca / Charlotte	60 min	£40.00 / £45.00 / £50.00	Reception 01424 215300
	Mind Body Fusion	55 min	Taster £5 (6wk) £54 (7wk) £63	Reception 01424 215300
	Tai Chi	55 min	£8.00 a session: Thurs 4pm	Reception 01424 215300
	Yoga Classes	75 min	£8 each or £45.00 for 6 sessions	Rose 01424 215300 Maryann 07947 600739
MASSAGE THERAPIES	Biodynamic Massage	60min	£40.00	Liza 07813 680 659
	Clinical Massage	45min	£30.00	Sally 07962 265526
	Table Thai Massage	60min	£35.00	Sally 07962 265526
	Bodywork (<i>Rhythmic movement massage</i>)	60 min	£40.00	Steve 07891 207109
	Sports Massage Therapy	60 min	£40.00	Larry 07952 923884
	Various Massages or Massage WITH reflexology	60 / 90 60 / 90	£35.00 (60min) £50.00 (90mins) £35.00 (60min) £50.00 (90mins)	Hayley 07826 744151
	Holistic Massage with Gemma	30 / 60	£22.00 (30 mins) £32.00 (60 mins)	Gemma 07960 545380
	Various Massages with Kai	60 / 90	£45.00 (60 mins) £60.00 (90 mins)	Kai 07490 427977
	Indian Head Massage	30 / 60	£22.00 (30 mins) £32.00 (60 mins)	Gemma 07960 545380
HOLISTIC	Reflexology	60 min	£35.00 Hayley £30.00 Gemma	Hayley 07826 744151 Gemma 07960 545380
	Reiki	60 / 75	£32.00 (60 mins)	Gemma 07960 545380
NUTRITION & FITNESS	Nutritional Therapist	30min	FREE taster consultation	Lisa 07968 272558
HYPNOTHERAPY	Hypnotherapy or Neuro-linguistic programming	Various	From £40.00	Jane 07740 986999
CHIROPODY / PODIATRY	Routine Footcare	Various	TBC	Naomi 07751 832718
	Nail cutting (<i>cut, filed and moisturised</i>)	Various	TBC	Naomi 07751 832718
	Home visits available	Various	TBC	Naomi 07751 832718
	Wax heat therapy package	Various	TBC	Naomi 07751 832718
THERAPY SESSIONS	CBT (<i>Cognitive Behaviour Therapy</i>)	50 min	£70.00	Steve 07891 207109
	Hypnotherapy or Neuro-linguistic programming	Various	From £40.00	Jane 07740 986999
ACUPUNCTURE	Physiotherapy Acupuncture (<i>For Pain Relief</i>)	Various	£45.00 then £36 for any follow up	01424 224164
	TCM Acupuncture (<i>Traditional Chinese Medicine</i>)	90 mins	£55 (Then £45 60min follow ups)	Eleanor 07779 006821
PHYSIOTHERAPY	Physiotherapy	Various	£45.00 then £36 for any follow up	01424 224164