



The Body Junction Price List 2020

CLASSES	Duration (Mins)		
Pilates	55	6 week term £60 7wk term £70	Reception 01424 215300
Pilates - Holiday sessions	55	Pilates £10 each	Reception 01424 215300
Pilates - 1-2-1 Charlotte/Katy/Daisy	60	£40.00 / £45.00 / £50.00	Reception 01424 215300
Mind Body Fusion	55	Taster £5 (6wk) £54 (7wk) £63	See Sarah
Fitness Class	45	£8 per session	Reception 01424 215300
Tai Chi	55	£10.00 a session: Monday 6pm	Reception 01424 215300
Yoga Classes	75	£8 each or £45.00 for 6 sessions	Rose 01424 215300

MASSAGE THERAPIES

Biodynamic Massage	60	£40.00	Liza 07813 680 659
Thai Yoga massage & Shiatsu	60	£45, then £40 (60mins) £55 (90mins) £70 (120mins)	Edit 07480 716 839
Sports Massage Therapy	60	40.00	Larry 07952 923884
Various Massages with Kai	60 90	£45.00 (60 mins) £60.00 (90 mins)	Kai 07490 427977
Various Massages with Hayley	45 60 90	£35.00 £42.00 £55.00	Hayley 07826 744151

HOLISTIC

Holistic Massage with Gemma	30 60	£22.00 (30 mins) £32.00 (60 mins)	Gemma 07960 545380
Indian Head Massage	30 60	£22.00 (30 mins) £32.00 (60 mins)	Gemma 07960 545380
Reflexology	60	£35.00 Hayley £30.00 Gemma	Hayley 07826 744151 Gemma 07960 545380
Reiki	60 75	£32.00 (60 mins) £42 (75 mins)	Gemma 07960 545380

NUTRITIONAL/DIET

Nutritional Therapist	30	FREE taster consultation	Lisa 07968 272558
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CHIROPODY / PODIATRY

Routine Footcare	Various	TBC	Naomi 07751 832718
Nail cutting (cut, filed and moisturised)	Various	TBC	Naomi 07751 832718
Home visits available	Various	TBC	Naomi 07751 832718
Wax heat therapy package	Various	TBC	Naomi 07751 832718

ACUPUNCTURE

Physiotherapy Acupuncture (For Pain Relief)	Various	£45.00 then £36 for any follow up	01424 224164
TCM Acupuncture (Traditional Chinese Medicine)	90	£55.00 (Then £45 60min follow ups)	Eleanor 07779 006821

PHYSIOTHERAPY

Physiotherapy	Various	£45.00 then £36 for any follow up	01424 224164
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Vouchers available upon request