



## The Body Junction Price List 2020

<b>CLASSES</b>	<b>Duration (Mins)</b>		
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/Lucy/Daisy	60	£45.00 / £40.00/ £40.00	Reception 01424 215300
Mind Body Fusion	55	Taster £5   (6wk) £54   (7wk) £63	See Sarah
Fitness Class	45	£8 per session	Reception 01424 215300
Yoga Classes	75	£8 each or £45.00 for 6 sessions	Rose 01424 215300

### MASSAGE THERAPIES

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	60   90	£40.00   £55.00	Hayley 07826 744151

### HOLISTIC

Holistic Massage with Gemma	30   60	£25.00 (30 mins)   £35.00 (60 mins)	Gemma 07960 545380
Indian Head Massage	30   60	£22.00 (30 mins)   £32.00 (60 mins)	Gemma 07960 545380
Reflexology	60	£40.00 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

Nail cutting & foot massage	Various	£25	Linda 07715503884
General foot treatment	Various	£30	Linda 07715503884
Home visits available	Various	£40	Linda 07715503884
Other treatments available	Various	Please call to discuss	Linda 07715503884

### ACUPUNCTURE

TCM Acupuncture (Traditional Chinese Medicine)	90	£55.00 (Then £45 60min follow ups)	Eleanor 07779 006821
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Vouchers available upon request