

<b>CLASSES</b>	<b>Duration (Mins)</b>			
Pilates	55	6 week term	£65	Reception 01424 215300
Pilates - Holiday sessions	55			Reception 01424 215300
Pilates - 1-2-1 Charlotte/Lucy/Daisy	60		£45.00	Reception 01424 215300
Fitness Class	45		£10 per session	Reception 01424 215300
Yoga Classes	75		£9	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	£50.00 (60 mins)   £70.00 (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	£30.00 (30 mins)   £40.00 (60 mins)	Gemma	07960 545380
Indian Head Massage	30   60	£30.00 (30 mins)   £40.00 (60 mins)	Gemma	07960 545380
Reflexology	60	£40.00 Hayley £40.00 Gemma	Hayley Gemma	07826 744151 07960 545380
Reiki	60	£40.00	Gemma	07960 545380
Hopi Ear Candling	45	£30.00	Gemma	07960 545380

**NUTRITIONAL/DIET**

Nutritional Therapist			Nadja	07956283924
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**CHIROPODY / PODIATRY**

Nail cutting & foot massage	Various	£25.00	Linda	07715503884
General foot treatment	Various	£30.00	Linda	07715503884
Home visits available	Various	£40.00	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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**LASER & SKIN SPECIALIST**

Laser hair & skin treatments, blemish removal, electrolysis, skin peels & dermaplaning	Various from £30	Please call to discuss	Kimberley	07918010852
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Vouchers available upon request