

<b>CLASSES</b>	<b>Duration (Mins)</b>		
Pilates	55	£11 a class or pay by term 6 week=£60 7 week =£70	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**

Sports Massage Therapy	60	45.00	Larry 07952 923884
Various Massages with Hayley	45   60   90	£40.00   £50.00   £70.00	Hayley 07826 744151

**HOLISTIC**

Reflexology	60	£40.00	Hayley 07826 744151
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**Psychological Therapy**

Individual Therapy Session	50	£110 per session	<a href="mailto:ann@drannsteele.co.uk">ann@drannsteele.co.uk</a>
Clinical Supervision	60	£100 per session	<a href="mailto:ann@drannsteele.co.uk">ann@drannsteele.co.uk</a>

**NUTRITIONAL/DIET**

Naturopathic Nutritionist	60	£85.00 Then £65 follow ups	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 <i>(Traditional Chinese Medicine)</i>	90	£55.00 (Then £45 60min follow ups)	Eleanor 07779 006821
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**LASER & SKIN SPECIALIST**

Laser Hair & Skin Treatments, Blemish Removal, Skin Peel Treatments, Facials, Mole Screening and Electrolysis	Various from £30	Please call to discuss or view Kimberleys Website <a href="http://www.sussexskinandlaser.co.uk">www.sussexskinandlaser.co.uk</a>	Kimberley 07918010852
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Vouchers available upon request