



## The Body Junction Price List 2022

<b>CLASSES</b>	<b>Duration (Mins)</b>		
Pilates	55	£11 a class or Bundles/Courses available e.g. 6 Classes = £60	Reception 01424 215300
Pilates - Holiday sessions	55	See Website	Reception 01424 215300
Pilates - 1-2-1 Charlotte/Lucy/Daisy/Katy	60	£45.00	Reception 01424 215300
Fitness Class	45	£10 per session	Reception 01424 215300
Yoga Classes	60	£9 per session	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 with Hayley	60	£40.00	Hayley 07826 744151
Reiki with Ann	60	£60.00	Ann 07984 268975
Hypnotherapy with Ann	60	£60.00	Ann 07984 268975
Sound Therapy with Ann	60	Contact Ann:lotusflowerwellbeing@gmail.com	Ann 07984 268975
Neuro-linguistic programming (NLP)	60	£60.00	Ann 07984 268975

### Psychological Therapy

Individual Therapy Sessions	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>

### Naturopathic Nutritionist

Dorin Vaza	60	£ Various Prices and Packages Available. Book your Free 15 min discovery chat.	Dorin 07721384291
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### CHIROPODY / PODIATRY

Nail cutting & foot massage	Various	£28.00	Linda 07715503884
General foot treatment	Various	£33.00	Linda 07715503884
Home visits available	Various	Location dependant £40-50	Linda 07715503884
Other treatments available	Various	Please call to discuss	Linda 07715503884

### ACUPUNCTURE

TCM Acupuncture <i>(Traditional Chinese Medicine)</i>	90	Initial Consultation & Treatment £60 1hr 15mins (Then £50 45min follow ups)	Eleanor 07779 006821 <a href="http://acupuncturesoutheast.co.uk">acupuncturesoutheast.co.uk</a>
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### LASER & SKIN SPECIALIST

Laser Hair & Skin treatments, Facials, Skin Tag/Blemish Removal, Skin Peels, Microneedling and more	Various Times Prices from £30	Please call to discuss or visit Kimberleys Website <a href="http://www.sussexskinandlaser.co.uk">www.sussexskinandlaser.co.uk</a>	Kimberley 07918010852 <a href="http://sussexskinandlaser.co.uk">sussexskinandlaser.co.uk</a>
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Vouchers available to purchase contact us on 01424215300 or [info@bodyjunction.co.uk](mailto:info@bodyjunction.co.uk)