

Osteopathy

Ideal for treatment of pain, headaches, frozen shoulder, sports injuries, whiplash and many other ailments, osteopathy uses touch, physical manipulation, stretching, massage and western acupuncture to increase the mobility of joints, relieve muscle tension, enhance the blood and nerve supply to tissues and help your body's own healing mechanism. Advice on posture and exercise may also be given.

Initial consultation and treatment 1 hour	£50
30 minute session	£45

Injury Rehabilitation

After a sports injury or post-surgery, rehabilitation includes specific strength and flexibility exercises, soft tissue manipulation, and a remedial exercise prescription to pain-free & fully functional. Additional treatments such as sports massage or myofascial release are also available.

Initial consultation and treatment 1 hour	£50
30 minute session	£45

Gait Analysis

Gait analysis assesses the way we walk or run to highlight biomechanical abnormalities. It is used in sports to help athletes run more efficiently and to identify posture-related or movement-related problems in people with injuries. Treatments include a change in footwear, the use of orthotics (extra cost), treatment and/or an exercise programme.

Initial consultation and treatment 1 hour	£50
30 minute session	£45

Craniosacral Therapy

Craniosacral therapy uses light touch to 'listen' to your body encouraging the body to listen to itself. The therapist senses tensions and helps to release them. Gentle and non-invasive, it is suitable for everyone from newborns to the elderly. This therapy supports your body's innate ability to balance, restore and heal itself, as well as helping to reduce stress and build your underlying energy. You will feel calm and energised, with increased clarity of mind and a feeling of well-being.

1 hour session	£45
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Massage

For relaxation, to reduce muscle tension or attain relief from chronic pain, a therapeutic massage can enhance your overall sense of emotional and physical wellbeing.

Holistic Full Body Massage

A real treat for the whole body. Relax and unwind with this gentle body massage. A perfect end to a stressful week!

1 hour session	£40
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Therapeutic Sports Massage

Concentrating on specific areas to relieve muscle pain and soft tissue injury. Ideal treatment for injury rehabilitation.

1 hour session	£45
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Hot Stone Full Body Massage

A deep tissue massage with hot stones to warm and soothe muscles and ligaments. Perfect for relaxation or injury rehabilitation.

1 hour session	£45
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Hot Stone Back, Neck & Shoulder Massage

A deep tissue massage for the upper body using soothing hot stones.

30 minutes session	£30
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Thai Yoga Massage

The therapist uses her hands, feet and elbows to apply pressure to important points on the energy lines, together with gentle passive stretching in yoga-like poses. This relieves aches and pains, reduces anxiety, releases blocked energy and frees the body's healing potential, restoring balance, harmony and posture. An energising and invigorating treatment!

1 hour session	£60
2 hour session	£100

Yoga

Enjoy your very own yoga session focusing on relaxation and stretching to achieve a feeling of calm and wellbeing. Ease away tension in the body, improve posture and lengthen limbs. Tailored to you and your body, you'll come away floating on air.

One to one	1 hour session	£45
2 people	1 hour session	£60

Myofascial Facial Treatments

Our therapist will assess your skin concerns and apply myofascial techniques to stimulate the connective tissue just under the surface of the skin with visible anti-aging results. No creams are used, instead specialised massage techniques improve skin softness and firmness, and reduce wrinkles and blemishes.

30 minutes session	£30
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Customise your myofascial facial treatment further with one or more 15 minute add-on treatments for the ultimate in luxury and relaxation:

Aromatherapy Facial Massage Add on

The fragrance of the essential oils adds to the wonderful decadence of this facial.

Hot Stone Facial Massage Add on

Feel the frown lines disappear as the warmth and detoxing effect of the stones gently soothes the deeper muscles of the face.

Japanese Pressure Point Facial Add on

A rejuvenating facial that focuses on the pressure points of the face. A series of massage techniques stimulate energy flow resulting in a brighter complexion and a lifting effect.

Indian Head Massage Add on

This treatment releases tension, eases headaches, combats stress and can even help people suffering from insomnia.

Personal Training

Achieve a complete body makeover and regain your youthful looks and vitality. Feel good in your skin, carry yourself with confidence and be amazed at your own results. You'll have increased energy and a more positive outlook and it will be fun!

Introductory package	
45 minutes session twice a week for 2 months	£600

Maintenance package	
30 minutes session twice a week for 1 month	£240
30 minutes session once a week for 1 month	£140

Got your own gym but need help devising a programme? Consultation and personalised 3 month programme with monthly update by phone or in person

£150

Reiki

Reiki is a unique, deeply relaxing experience originating in ancient Japan. Using a hands-on healing approach, this treatment is highly effective in combatting the stresses of daily life. It can increase self-confidence, release past traumas, maintain mental strength and boost the immune system. An essential treatment for those looking for inner peace.

1 hour session £35

Personal Coaching

If you are stuck and can't see the way forward; if you are suffering with depression, anxiety or low self-esteem; if you want to overcome bereavement or illness, then our specialist coach can help. She will assist you to identify what it is you want and so move forward to achieve it. Build confidence, communication skills and personal empowerment. Our inspirational coach specialises in the latest advancements in Neuro Linguistic Programming and Clean Language.

6 sessions of 1 hour £450
Breakthrough half day session & action plan £425
One off 1 hour session £90

Hypnotherapy

This long-established therapy can really help to make desired life changes, for example to stop smoking, and is also excellent for relaxation and healing for the mind and body. Trigger the subconscious to support your conscious desires.

3 sessions of 1 hour £195
1 hour session £75

Mind Calm Meditation Coaching

Ideal for busy people with busy minds and lives, Mind Calm is a modern meditation method that teaches 'peace with mind'. Busy professionals under a lot of pressure will really benefit.

4 sessions of 90 minutes £300

Hopi Ear Candling

This treatment uses beeswax candles that create a vacuum to gently stimulate the ear facilitating removal of excess wax and impurities. An effective treatment for anyone suffering with sinus problems, allergies and hay fever.

1 hour session £40

Pregnancy and Baby

Pregnancy massage 1 hour £55

A wonderfully relaxing treatment to unwind the body when it needs it most. Our therapists are specially trained to massage women during pregnancy so this is a safe and soothing treatment for mum-to-be. The body is supported by pillows and the massage is performed whilst laying in a comfortable position. By concentrating on the back, neck, shoulders, arms, legs, hands and feet, this massage is a real treat for any pregnant lady. Pregnancy must be past the 12 week stage.

Cranial Osteopathy 1 hour £45

A healing treatment for babies, cranial osteopathy treats the nerves and muscles in the face that can often be affected during the stress placed on the skull during birth. With gentle palpitation, this nurturing therapy can help assist with baby's long term healthy living and ensure the cranial structures are progressing in a normal manner. An essential treatment for any baby with positive effects on sleep pattern, behaviour and feeding.

Pregnancy Osteopathy 1 hour £45

This osteopathic treatment will ease back pain and align the pelvis ready for birth. A great treatment that will give mum-to-be the confidence that her body is aligned properly and is ready for the rigours of labour and birth.



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