



## Treatments & Prices

### Osteopathy

Ideal for the treatment of pain, headaches, frozen shoulder, sports injuries, whiplash and many other ailments, osteopathy uses touch, physical manipulation, stretching and massage to increase the mobility of joints, to relieve muscle tension, to enhance the blood and nerve supply to tissues and to 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

### Cranial Osteopathy

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.

1 hour session	£45
----------------	-----

### Pregnancy Osteopathy

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.

1 hour 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

Suitable for acute physical problems like headaches or bad backs, or long-standing physical and emotional problems, 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. Because it is so 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. During or after a session, you may feel calm and energised, with increased clarity of mind and a feeling of well-being.

1 hour session £45

## Sports & Remedial Massage

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

1 hour session £50  
45 minute session £40  
30 minute session £30

## Indian Head Massage

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

45 minute session £40

## Hot Stones Massage

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

1 hour session £55

## Foot Care

Nail trimming, callus/corn removal, diabetic foot care, cracked heels, ingrown toe nails, fungal infection advice, therapeutic foot massage, verrucae/wart removal advice.

30 minute session £30

**Nature's Medicine**  
**01342 712266**

**The Ark, Mount Lane, Turners Hill, West Sussex, RH10 4RA**