



Movement, Performance & Pain-free Living

Soft tissue therapy • Remedial massage • Rehabilitation



Treatment Menu

Each session is tailored to the needs and wishes of our clients. Our treatments are effective in the management and remedy of:

- Neck problems
- Headaches
- Arthritic conditions
- Knee problems
- Repetitive strain injuries
- Sporting or occupational injuries- acute and chronic
- Postural imbalances
- General maintenance of musculo-skeletal imbalances

Treatment Prices

Sports/Deep Massage:	45 minutes	£40
	75 minutes	£60
Swedish/Relaxing Massage:	45 minutes	£40
	75 minutes	£60
Block booking of 5 sessions:	5 x 45 minutes	£185
	5 x 75 minutes	£275

Initial consultation and postural assessment are integrated into the treatment plan where appropriate and in full consultation with the client's wishes.

Additional services

Phone/Tele consultation:	approx. 30 minutes	£15
Home treatment:	45 minutes	£50

(within 3 miles of the clinic)

A rehabilitation programme will be designed and developed throughout the course of treatment, taking into consideration the bespoke nature of each individual case.