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|--------------------------|-------------------------------------------------------------------------|------|
| <b>Therapies</b>         | Physiotherapy - Initial Appointment - 45 minute                         | £60  |
|                          | Physiotherapy - Follow up appointment - 30 minutes                      | £45  |
|                          | Physiotherapy - Online appointment - 30 minutes                         | £30  |
| <b>Pilates</b>           | Pilates Equipment - Introductory lesson (Initial one off)               | £55  |
|                          | Pilates Equipment - Small Group Lesson                                  | £35  |
|                          | Pilates Equipment - small group - block of 10 lessons (paid in advance) | £255 |
|                          | Pilates Equipment - private - block of 10 lessons (paid in advance)     | £555 |
|                          | Pilates Equipment - private - block of 5 lessons (paid in advance)      | £280 |
| <b>Massage Therapies</b> | Swedish Massage - 30 minutes                                            | £40  |
|                          | Swedish Massage - 60 minutes                                            | £60  |
|                          | Swedish Massage - 90 minutes                                            | £80  |
|                          | Thai Massage - 30 minutes                                               | £40  |
|                          | Thai Massage - 60 minutes                                               | £60  |
|                          | Thai Massage - 90 minutes                                               | £80  |
|                          | Indian Head Massage - 30 minutes                                        | £40  |

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| Indian Head Massage – 90 minutes       | £80 |
| Manual Lymphatic Drainage – 30 minutes | £40 |
| Manual Lymphatic Drainage – 60 minutes | £60 |
| Manual Lymphatic Drainage – 90 minutes | £80 |
| Nuad Bo Rarn Thai Massage – 30 minutes | £40 |
| Nuad Bo Rarn Thai Massage – 60 minutes | £60 |
| Nuad Bo Rarn Thai Massage – 90 minutes | £80 |
| Rheiki – Usui System – 30 minutes      | £40 |
| Rheiki – Usui System – 60 minutes      | £60 |
| Rheiki – Usui System – 90 minutes      | £80 |
| Deep Tissue Massage – 30 minutes       | £40 |
| Deep Tissue Massage – 60 minutes       | £60 |
| Deep Tissue Massage – 90 minutes       | £80 |