

Treatments	Details	Price
Therapies	Physiotherapy - Initial Appointment - 45 minute	£60
	Physiotherapy - Follow up appointment - 30 minutes	£45
	Physiotherapy - Online appointment - 30 minutes	£30

PLEASE NOTE:
Lessons are booked in advance.
Equipment classes must be cancelled or rearranged with a minimum of 24 hours notice to avoid full charge.

All block equipment classes can be taken any time within 3 months.

Treatments	Details	Price
Pilates	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

PLEASE NOTE:
Lessons are booked in advance.
Equipment classes must be cancelled or rearranged with a minimum of 24 hours notice to avoid full charge.

All block equipment classes can be taken any time within 3 months.

Treatment	Details	Price
Massage Therapies	Massage – 30 minutes	£40
	Massage – 60 minutes	£60
	Massage – 90 minutes	£80

PLEASE NOTE:

You can choose between the different types of massage or discuss with your therapist what would be the most suitable type for you.

Appointments are booked in advance.

Treatment	Details	Price
Reflexology	Reflexology - 30 minutes	£40
	Reflexology - 60 minutes	£60
	Reflexology - 90 minutes	£80

Appointments are booked in advance.

Appointments must be cancelled or rearranged with a minimum of 24 hours notice to avoid full charge.