



Experience Wellness



Holistic Therapy Price List

*All treatments are undertaken in a relaxing and welcoming treatment room
Please call for more details or to book your relaxing treatment.*

<i>Holistic Treatment</i>	<i>Duration</i>	<i>Single</i>
Private Pilates Tuition	1 hour	Course of 6 £180.00
Therapeutic Massage: Back/Neck/Shoulder	30 mins	£18
Full Body	1 hour	£30
Manual Lymphatic Drainage (helps with water retention and the appearance of Cellulite on Legs & Bum)	80 mins	£40
Deep Tissue Massage (area specific)	30 mins	£20
Pregnancy Massage (after your first trimester)	80 mins	£40
Post Natal Massage (Just for Mums)	1 hour	£30
Baby Massage Instruction	Course of 4 x 1 hour sessions £80 (both Mum and one other can attend)	
Reflexology	1 hour	£30
Thermal-Auricular Therapy (AKA 'Ear Candles')	40 mins	£25
Indian Head Massage	40 mins	£25
Reiki	1 hour	£30

*If there are a few treatments you would like to try, why not 'mix and match' to suit your needs?
For each course of 6 assorted treatments deduct a further 10% from the cost of the course!*

Cath Hopkinson

**Pilates Specialist, Holistic Health Consultant
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