

TREATMENT	DURATION	PRICE
Initial consultation and treatment	1hr	£30.00
Follow up treatments	1/2hr	£25.00
Full body sports massage	1hr	£30.00
½ Body Sports Massage	1/2hr	£ 20 .00
Taping and Strapping		£15.00
1 – 1 Pilates	1 hr	£30.00
Option to buy blocks of sessions @ discounted rate		
Personal Training	1hr	£40.00
Options to buy blocks @ discounted rate		

