

	Session Length	Cost
<b>Your First Visit</b>		
Initial Consultation	40 mins	£30.00
Lifestyle Assessment	60 mins	£40.00
<b>Treatments</b>		
Deep Tissue Massage	20 mins	£20.00
	30 mins	£27.50
	40 mins	£35.00
Injury Treatment	45 mins	£35.00
Personal Training	45 mins	£25.00
	60 mins	£30.00
Sports Nutrition Programmes	30 mins	£25.00
Relaxation Skills Session	20 mins	£20.00
1:1 Swimming Lessons (Children)	30 mins	£25.00
1:1 Swimming Lessons (adults)	30 mins	£30.00
<b>Packages:</b>		
Deep Tissue Massage	5 sessions (20 mins)	£90.00
	5 sessions (30 mins)	£127.50
	5 sessions (40 mins)	£165.00
	10 sessions (20 mins)	£180.00
	10 sessions (30 mins)	£247.50
	10 sessions (40 mins)	£315.00
Personal Training	5 sessions (45 mins)	£115.00
	5 sessions (60 mins)	£140.00
	10 sessions (45 mins)	£225.00
	10 sessions (60 mins)	£270.00
Injury Treatment	Available on request	
Relaxation Skills Session	Available on request	
Swimming Lessons	Available on request	
<b>Special Offers:</b>		
Refer a friend for an initial consultation	Receive 25% off your next treatment	
Sports Team Members	Receive a 10% discount on your initial assessment	