



*Movement, Performance & Pain-free Living*

**Soft tissue therapy | Remedial massage | Rehabilitation**



## **Treatment Menu**

Each session is tailored to the needs and wishes of our clients. Our treatments are effective in the management and remedy of:

- Neck problems
- Headaches
- Arthritic conditions
- Knee problems
- Repetitive strain injuries
- Sporting or occupational injuries- acute and chronic
- Postural imbalances
- General maintenance of musculo-skeletal imbalances

## **Treatment Prices**

Sports/Deep Massage:	45 minutes	£55
	75 minutes	£80
Swedish/Relaxing Massage:	45 minutes	£55
	75 minutes	£80
Block booking of 5 sessions:	5 x 45 minutes	£225
	5 x 75 minutes	£375
Unlimited Club Membership:	£250/month (additional info below)	

Initial consultation and postural assessment are integrated into the treatment plan where appropriate and in full consultation with the client's wishes.

## **Additional services**

Consultation:	approx. 30 minutes	£25
Home treatment:	45 minutes	£60 (within 3 miles of the clinic)

**A rehabilitation programme will be designed and developed throughout the course of treatment, taking into consideration the bespoke nature of each individual case.**



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### **Pulse Unlimited Club Membership (limited numbers available):**

- Up to 2x 45 minute, Face-to-Face appointments per week
- Unlimited number of movement/rehab plans (when needed)
- 1:1 access to me outside normal working hours, including voice and text messaging service for advice, guidance and ongoing support
- The perfect package for ongoing health maintenance or to accelerate rehab after injury or surgery
- No contract!