

MUSCULOSKELETAL THERAPIES

1st Appointment
required

Appointments

Chiropractic/Osteopathy/Cranial Osteopathy/Physiotherapy	£48 : 50m-60m	£40 : 25m-30m
Sports & Remedial Massage		£40 : 60m / £25 : 30m
Pilates Classes		From £8

TALKING THERAPIES

Counselling – Pam Bridgman		£55 : 50m
Counselling/CBT – Joy Maguire		£75 : 60m
Hypnotherapy/NLP		£50 : 60m
Psychology & CBT/Counselling – Jill Fletcher		£65 : 50m
Psychology – Clinical & Occupational Health – Dr Heather Salt	£165 : 90m	£105 : 60m
Psychotherapy		£50 : 60m
Relationship/Redundancy Counselling		£58 : 50m

CORE THERAPIES

Acupuncture	£50 : 90m	£40 : 60m
Homeopathy	£75 : 90m / child £50:45m	£50 : 60m / child £35 : 30m
Nutritional Therapy	£75 : 90m	£50 : 60m
Speech & Language Therapy	£150-£250 : 120-180m	£76 : 60m

WELLBEING THERAPIES

Aroma Reflexology	£52 : 75m	£42 : 50m
Aromatherapy Massage* – Valerie Anne Dawson	add £10 & 30 mins	£42 : 40m / £55 : 55m
Reiki* – Valerie Anne Dawson		£65 : 80m / £85: 110m
Holistic Massage (+Pregnancy Massage)		£40 : 60m /£25 : 30m
Indian Head Massage	£40 : 50m	£35 : 45m
Japanese Face Massage		£40 : 50m
Manual Lymphatic Drainage		£50 : 60m
Reflexology (+ Pregnancy Reflexology)	£45 : 90m	£40 : 50m / £30 : 30m

*Treatments can be combined