

# Treatment Price Tariff

We accept all UK cards

## Sports Massage:

1hr Sports massage treatment £40

## Remedial Massage:

1hr Remedial massage treatment £40

## Block payments:

6 x 1hr Sports massage treatments £200 ( 5 treatments +1 FREE treatment)

6 x 1hr Remedial massage treatments £200 (5 treatments + 1 FREE treatment)

( All block payments must be made be fully paid in advance, BUT you do NOT need to book your appointments in advance, but must be taken within 12 months.)

## 1 on 1 Stretching workshops:

Stretching for Sport £55 (2hours)

This is a popular 1 on 1 workshop which is tailored to your chosen sport, you will learn how to stretch safely pre and post sport (your chosen sport), everything you learnt will also be sent by email with all the stretches you did in a pdf.

To find out more, please get in touch....

## Sports Stretch Workshops for groups: (Max 12 people)

Sports Stretch workshops are available for up to 12 people either at our venue, or we can do it at your location, these are ideal if you have a group who would like to stretch more effectively and safely, these are tailored to your chosen sport, or sports.

All what you learnt on your stretching workshop is also backed up by email and pdfs.

Sports Stretch workshop £30 each person (4 hours)

To find out more, please get in touch...