

Coaching

£50 for an hour session on a casual basis or

£40 per session when you engage on a weekly program

Reiki

£40 for an hour session

£120 for a treatment of 4 session

Massage

£45 for an hour session of **Swedish** and **Pregnancy** massage

Package of 4 sessions cost £150 - You save £30

£50 for an hour session of **Advanced** and **Deep Tissue** massage

Package of 4 sessions cost £160 - You save £40

Concessionary rates negotiable