

FEE STRUCTURE – NOTTINGHAM MASSAGE & BOWEN THERAPY

People come to see me with all sorts of different problems. Some are busier than others, some have limited budgets. The following options provide the choice I've found clients need.

MASSAGE

Basic Treatment 60 minutes cost: £40

The most common selection, the "basic" allows enough time to: make a detailed assessment of the problem or condition, treat the indicated area or areas and develop a treatment plan which might include measures like stretches, self-massage and/or lifestyle changes which you can employ to achieve your health goals more quickly.

Focused Session 30 minutes cost: £25

A popular choice for busy people who either want a very focused treatment on one problem area or else a general loosening up and stress reliever. Ideal as a follow up treatment or for cost effective periodic maintenance.

It is not recommended for an initial treatment.

Extended Session 90 minutes cost: £52

For clients who want an "all over" treatment, the extended session is a great choice. If stress relief is your goal, this is the one for you. Time to treat every area of the body and really go after those tight spots we all have!

This is also a popular choice for gift certificates.

BOWEN THERAPY

There is a fixed fee structure for Bowen Therapy. The first session costs more due to the extra time spent taking a detailed health history and making a physical assessment. All subsequent treatments cost the same.

First Treatment approx. 1 hour **£42**

Follow up sessions 30-45 min. **£37**

LYMPHATIC STIMULATION

The lymphatic stimulation service I provide uses a modified form of Bowen Therapy. Full body sessions take between 60 and 90 minutes and cost £42. Treatments focused on one affected area such as one arm or the upper body tend to be shorter and cost correspondingly less.