

MASSAGE TREATMENTS

TYPE / TIME	30 mins	45 mins	1 hour	90 mins	2 hours
<u>Swedish Relaxing or Deep Tissue Massage</u>	33	46	59	84	109
<u>Japanese Hand Shiatsu Massage</u>			59		
<u>Thai Foot Massage</u>			59		
<u>Indian Head Massage</u>	33	46	59	84	
<u>Marma Point Facial Massage</u>	33	46	59	84	109
<u>Mauritian Full Body Massage</u>			59	84	
<u>Manual Lymphatic Drainage</u>	35	49.50	64	90	115
<u>Luxury Heated Back, Neck, Shoulder and Spine Massage</u>	35	49.50	64	90	115
<u>Clinical Sports and Remedial Massage</u>	35	49.50	64	90	115
<u>Hot Stone Massage</u>	35	49.50	64	90	115
<u>Hot Compress/Poultice Massage</u>	35	49.50	64	90	115
<u>Aromatherapy Massage</u>	35	49.50	64	90	115
<u>Marma Chikitsa</u>	35	49.50	64	90	115
<u>Ayurvedic Massage</u>	35	49.50	64	90	115
<u>Bamboo Massage</u>	35	49.50	64	90	115
<u>Reiki Massage</u>	35	49.50	64	90	115
<u>Gua Sha & Cupping</u>	35	49.50	64	90	115
<u>Acupressure</u>	35	49.50	64	90	115
<u>Lomi Lomi Massage</u>			64	90	115
<u>Balinese Spa Full Body Massage</u>				95	125
<u>Shiatsu</u>			75	110	145
<u>Thai Yoga Massage</u>			75	110	145

HOLISTIC WELL-BEING TREATMENTS

TYPE / TIME	30 mins	45 mins	1 hour	90 mins	2 hours
Intolerance, Allergy, Nutrient, Toxicity, Weight, Fitness & Metabolism Tests	Varied				
Weight Loss Meals & Programmes		38			
Reflexology		46	59		
Reiki	33	46	59		
Meditation & Energy Transfer	33	46	59	84	109
Chakra Energy Balancing Consultation		46	59	84	109
Men's Manicure/Men's Pedicure		46	59	84	
Quickslim Body Wrap				85	110
Tapping / Emotional Freedom Technique	35	49.50	64	90	
Infrared Sauna Cocoon		55	65		
Hopi Ear Candling	35				
Ladies Facial Treatment	38	56			
Gents Facial & Beard Treatment	40	56	70		
Body Scrub & Shower			75		
Professional Counselling			90	120	150
Skin Tanning	60	75	90	120	150
OOH! Organic Oils for Health	60	75	90		
Shirodhara Oil Flow	60	75	90	120	
Kati Basti/Janu Basti	60	75	90	120	
Sensual & Intimacy Coaching			90	120	150
Detox Programmes	Varied				
Tantric Practice			120		
Clinical Hypnotherapy			150		300

MALE WAXING & GROOMING TREATMENTS

TYPE / TIME	30 mins	45 mins	1 hour	90 mins	2 hours	2.5 hours	3 hours
<u>Clipping & Trimming (non intimate)</u>	25	35	45	65			
<u>Hopi Ear Candling</u>	35						
<u>Men's Manicure/Men's Pedicure</u>		46	59	84			
<u>Quickslim Body Wrap</u>				85	110		
<u>Clipping & Trimming (intimate)</u>	35	45					
<u>Wet Shave (Facial)</u>			60				
<u>Gents Facial & Beard Treatment</u>	40	56	70				
<u>Male Waxing (non intimate)</u>	40	56	70	100	130	160	190
<u>Electronic Epilation (non intimate)</u>	40	56	70	100	130	160	190
<u>Foam Spray/ VEET (non intimate)</u>	40	56	70	100	130	160	190
<u>Male Waxing (intimate)</u>	55	72					
<u>Body Scrub & Shower</u>			75				
<u>Laser Hair Removal</u>	45	72	90	120	145	170	195
<u>Skin Tanning</u>	60	75	90	120	150		

PERSONALISED PROGRAMMES – PRICE LIST

Initial Consultation fee of £25, to agree programme and quote for agreed treatment length and types of therapy.

<u>Gentleman's Rejuvenation</u>	<u>A Good Night's Sleep</u>
<u>Eastern Promise</u>	<u>Immune System Boost</u>
<u>Heat Healing</u>	<u>Feeling Free</u>
<u>Spiritual High</u>	<u>The Five Elements</u>
<u>Skin Conditioning</u>	<u>Divine Detox</u>
<u>Mind Cleanse</u>	<u>Ladies Revival</u>
<u>Weight Loss</u>	<u>Pain Relief</u>
<u>Male Body Pride</u>	<u>Ayurvedic Rebalancing</u>

PROFESSIONAL TRAINING COURSES (ASSESSED THEORY & PRACTICAL) – PRICE LIST (*= NO PRACTICAL)

TYPE / TIME	10-15 hours	16-20 hours	21-25 hours	30-35 hours	
<u>Body Massage</u>				590	
<u>Hot Stone Massage</u>	450				
<u>Indian Head Massage</u>			450		
<u>Reflexology</u>				550	
<u>Ear Candling</u>	155				
<u>Body Waxing</u>			490		
<u>Male Intimate Waxing</u>		650			
<u>Mindfulness Coaching*</u>		95*			
<u>Using PreBlended Oils*</u>	115*				
<u>Making PreBlended Oils*</u>		175*			
<u>Facial Treatments</u>			590		

<u>Anatomy & Physiology*</u>				240*	
<u>Retailing in Business*</u>	70*				
<u>Marketing in Business*</u>	70*				
<u>Starting in Business*</u>	70*				
<u>Standards in Therapy*</u>	70*				
<u>Health & Safety*</u>	70*				

MASSAGE TRAINING COURSES (NO ASSESSED THEORY, PRACTICAL ONLY) – PRICE LIST

TYPE / TIME	2 hours	6 hours	12 hours	20 hours	+1 hour
<u>Body Massage</u>	200	500	900	1500	90
<u>Hot Stone Massage</u>	200	500	900	1500	90
<u>Face Head & Scalp Massage</u>	200	500	900	1500	90
<u>Indian Head Massage</u>	200	500	900	1500	90
<u>Foot Massage</u>	200	500	900	1500	90
<u>Hand & Arm Massage</u>	200	500	900	1500	90
<u>Relaxing Full Body</u>	200	500	900	1500	90
<u>Ayurvedic Deep Tissue & Stretching</u>	200	500	900	1500	90
<u>Marma Chikitsa</u>	200	500	900	1500	90
<u>Hot Herbal Compress</u>	200	500	900	1500	90
<u>Balinese Spa</u>	200	500	900	1500	90
<u>Lomi Lomi</u>	200	500	900	1500	90
<u>Thai Yoga</u>	200	500	900	1500	90
<u>Massage Tools</u>	200	500	900	1500	90

HOLISTIC THERAPY AND MALE GROOMING TRAINING COURSES (NO ASSESSED THEORY, PRACTICAL ONLY) – PRICE LIST

TYPE / TIME	2 hours	6 hours	12 hours	+1 hour	80-85 hours
<u>Male Body Waxing (non intimate)</u>	200	500	900	90	
<u>Male Facial Waxing</u>	200	500	900	90	
<u>Male Intimate Waxing</u>	250	700	1300	120	
<u>Male Wet Shaving (Facial)</u>	250	700	1300	120	
<u>Male Body Clipping & Trimming</u>	200	500	900	90	
<u>Reflexology</u>	200	500	900	90	
<u>Reiki Level 1</u>		550			
<u>Reiki Level 2</u>		650			
<u>Reiki Master</u>		700			
<u>Shirodhara Oil Flow</u>	200	500			
<u>Hopi Ear Candling</u>	110			55	
<u>Facial Treatments</u>	250	700	1300	120	
<u>Diploma in Ayurvedic Treatments</u>					2795