

MASSAGE TREATMENTS

TYPE / TIME	30 mins	45 mins	1 hour	90 mins	2 hours
<u>Swedish Relaxing or Deep Tissue Massage</u>	40	55	70	95	120
<u>Indian Head Massage</u>	40	55	70	95	
<u>Japanese Hand Shiatsu Massage</u>	40	55	70		
<u>Thai Foot Massage</u>	40	55	70		
<u>Marma Point Facial Massage</u>	40	55	70		
<u>Mauritian Full Body Massage</u>			75	100	
<u>Manual Lymphatic Drainage</u>	45	60	75	100	125
<u>Luxury Heated Back, Neck, Shoulder and Spine Massage</u>	45	60	75	100	125
<u>Clinical Sports and Remedial Massage</u>	45	60	75	100	125
<u>Hot Stone Massage</u>	45	60	75	100	125
<u>Hot Compress/Poultice Massage</u>	45	60	75	100	125
<u>Aromatherapy Massage</u>	45	60	75	100	125
<u>Marma Chikitsa</u>	45	60	75	100	125
<u>Ayurvedic Massage</u>	45	60	75	100	125
<u>Bamboo Massage</u>	45	60	75	100	125
<u>Reiki Massage</u>	45	60	75	100	125
<u>Gua Sha & Cupping</u>	45	60	75	100	125
<u>Acupressure</u>	45	60	75	100	125
<u>Lomi Lomi Massage</u>			85	120	150
<u>Balinese Spa Full Body Massage</u>				120	150
<u>Shiatsu</u>			85	120	150
<u>Thai Yoga Massage</u>			85	120	150

HOLISTIC WELL-BEING TREATMENTS

TYPE / TIME	30 mins	45 mins	1 hour	90 mins	2 hours
<u>Intolerance, Allergy, Nutrient, Toxicity, Weight, Fitness & Metabolism Tests</u>	Varied				
<u>Weight Loss Meals & Programmes</u>		38			
<u>Reflexology</u>		55	70		
<u>Reiki</u>	40	55	70		
<u>Meditation & Energy Transfer</u>	33	46	59	84	109
<u>Chakra Energy Balancing Consultation</u>		46	59	84	109
<u>Men's Manicure/Men's Pedicure</u>		46	59	84	
<u>Quickslim Body Wrap</u>				85	110
<u>Tapping / Emotional Freedom Technique</u>	45	60	75	100	
<u>Infrared Sauna Cocoon</u>		55	65		
<u>Hopi Ear Candling</u>	35				
<u>Ladies Facial Treatment</u>	45	60			
<u>Gents Facial & Beard Treatment</u>	45	60	75		
<u>Body Scrub & Shower</u>			75		
<u>Professional Counselling</u>			90	120	150
<u>Skin Tanning</u>	60	75	90	120	150
<u>OOH! Organic Oils for Health</u>	60	75	90		
<u>Shirodhara Oil Flow</u>	75	95	115		
<u>Kati Basti/Janu Basti</u>	60	75	90	120	
<u>Sensual & Intimacy Coaching</u>			90	120	150
<u>Detox Programmes</u>	Varied				
<u>Tantric Practice</u>			120		
<u>Clinical Hypnotherapy</u>			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>	45	60	75				
<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