

Massage Therapies

Ruth McKinnon	Thurs pm	£85 (1½hrs)	£60 (1hr)	£35 (½hr)
Simone Simmonds	Sat am pm	£85 (1½hrs)	£60 (1hr)	£35 (½hr)
Suzanne Green	Mon pm eve	£85 (1½hrs)	£60 (1hr)	£35 (½hr)
Morag Wightman	1 st /3 rd Tues eve	£85 (1½hrs)	£60(1hr)	
	1 st /2nd/3 rd Wed pm/eve			
Sarah Ramiah	Sat pm fortnightly/flexi	£85 (1½hrs)	£60 (1hr)	£35 (½hr)

Aromatherapy Massage

Simone Simmonds	Sat am pm	£85 (1½hrs)	£60 (1hr)	£35 (½hr)
Suzanne Green	Mon pm eve	£85 (1½hrs)	£60 (1hr)	£35 (½hr)

Ayurvedic Pregnancy Massage

Sarah Ramiah	Sat pm fortnightly/flexi	£70 (1hr)		
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Deep Tissue Massage

Ruth McKinnon	Thurs pm	£85 (1½hrs)	£60 (1hr)	£35 (½hr)
Simone Simmonds	Sat am pm	£85 (1½hrs)	£60 (1hr)	£35 (½hr)
Suzanne Green	Mon pm eve	£85 (1½hrs)	£60 (1hr)	£35 (½hr)
Morag Wightman	1 st /3 rd Tues eve	£85 (1½hrs)	£60(1hr)	
	1 st /2nd/3 rd Wed pm/eve			

Hot Stones Massage

Sarah Ramiah	Sat pm fortnightly/flexi	£70 (1hr)		
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Indian Head Massage

Simone Simmonds	Sat am pm	£85 (1½hrs)	£60 (1hr)	£35 (½hr)
Suzanne Green	Mon pm eve	£85 (1½hrs)	£60(1hr)	£35 (½hr)

Myofascial Release

Ramona Peoples	Tue pm Wed am	£85 (1½hrs)	£75 (1 ¼hr)	£65 (1hr)
Suzanne Green	Mon pm eve	£85 (1½hrs)	£60 (1hr)	£35 (½hr)

Pregnancy Massage

Ruth McKinnon	Thurs pm	£85 (1½hrs)	£60 (1hr)	£35 (½hr)
Simone Simmonds	Sat am pm	£85 (1½hrs)	£60 (1hr)	£35 (½hr)
Suzanne Green	Mon pm eve	£85 (1½hrs)	£60 (1hr)	£35 (½hr)

Sports Massage

Ruth McKinnon	Thurs pm	£85 (1½hrs)	£60 (1hr)	£35 (½hr)
Morag Wightman	1 st /3 rd Tues eve	£85 (1½hrs)	£60 (1hr)	
	1 st /2nd/3 rd Wed pm/eve			

Swedish + Therapeutic Massage

Ruth McKinnon	Thurs pm	£85 (1½hrs)	£60 (1hr)	£35 (½hr)
Simone Simmonds	Sat am pm	£85 (1½hrs)	£60 (1hr)	£35 (½hr)
Suzanne Green	Mon pm eve	£85 (1½hrs)	£60 (1hr)	£35 (½hr)

Thai Foot Massage

Sarah Ramiah	Sat pm fortnightly/flexi	£60 (1hr)	£38 (30-35mins)	
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Tui Na Massage

Sarah Pritchard	Mon/Tues am/pm/eve	1 st : £75 (1hr) F/up £65		
Isabel Milner	Mon/Tues am/pm/eve	1 st : £65 (1hr) F/up £60		
Rahul Pillai	Thu eve	1 st : £65 (1¼hrs) F/u £55 (1hr)		