

Massage Therapies

Dahnen Murdanaigum	07890318492	Flexi Mon/Tues eve	£90/1½hrs	£63/1hr	£35/½hr
Simone Simmonds	07921086745	Sat am/pm	£90/1½hrs	£65/1hr	£45/½hr
Natasha Zuka	07423128130	Wed eve	£90/1½hrs	£65/1hr	£40/½hr
Sarah Ramiah	07778667247	Flexi/Sat fortnightly	£85/1½hrs	£70/1hr	£38/½hr
Sira Santamaria		Thursday pm/Flexi			
Sarah Pritchard	<i>pritchardacupuncture@googlemail.com</i>				See at the bottom for costs
Isabel Milner	<i>acupuncture.isabel@gmail.com</i>				See at the bottom for costs

Aromatherapy Massage

Simone Simmonds	Sat am/pm	07921086745	£90/1½hrs	£65/1hr	£47/¾hr
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Ayurvedic Pregnancy Massage

Sarah Ramiah	Flexi/ Sat fortnightly	07778667247	£70/1hr
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Deep Tissue Massage

Simone Simmonds	Sat am/pm	07921086745	£90/1½hrs	£65/1hr	£47/¾hr
Dahnen Murdanaigum	Flexi Mon/Tues eve	07890318492	£90/1½hrs	£63/1hr	£35/½hr
Sira Santamaria	Thursday pm/Flexi				

Hot Stones Massage

Sarah Ramiah	Flexi/ Sat fortnightly	07778667247	£70/1hr
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Indian Head Massage

Dahnen Murdanaigum	Flexi Mon/Tues eve	07890318492	£90/1½hrs	£63/1hr	£35/½hr
Simone Simmonds	Sat am/pm	07921086745	£90/1½hrs	£65/1hr	£47/¾hr
Sarah Ramiah	Flexi/ Sat fortnightly	07778667247	£90/1½hrs	£65/1hr	£47/¾hr

Myofascial Release

Dahnen Murdanaigum	Flexi Mon/Tues eve	07890318492	£90/1½hrs	£63/1hr	£35/½hr
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Pregnancy Massage

Simone Simmonds	Sat am/pm	07921086745	£90/1½hrs	£65/1hr	
Dahnen Murdanaigum	Flexi Mon/Tues eve	07890318492	£90/1½hrs	£63/1hr	
Natasha Zuka	Wed eve	07423128130	£90/1½hrs	£60/1hr	

Sports Massage

Dahnen Murdanaigum	Flexi Mon/Tues eve	07890318492	£90/1½hrs	£63/1hr	£35/½hr
Natasha Zuka	Wed eve	07423128130	£90/1½hrs	£65/1hr	£40/½hr

Swedish + Therapeutic Massage

Simone Simmonds	Sat am/pm	07921086745	£90/1½hrs	£65/1hr	£47/¾hr
Dahnen Murdanaigum	Flexi Mon/Tues eve	07890318492	£90/1½hrs	£63/1hr	£35/½hr

Thai Foot Massage

Sarah Ramiah	Flexi/ Sat fortnightly	07778667247	£38/30-35mins
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Tui Na Massage – Chinese Medical Massage

Sarah Pritchard	<i>pritchardacupuncture@googlemail.com</i>	1 st £95/1¼hrs	F/up £95/1¼hrs
Isabel Milner	<i>acupuncture.isabel@gmail.com</i>	1 st £80/1¼hrs	F/up £75/1¼hrs