



## **PRICE LIST**

### ***SPORTS MASSAGE - £35\****

*Manual therapy treatment which works deep into the tissues, elongates muscles and aims to flush away any toxins in the system. Great for recovery, increasing the range of motion and flexibility and decreasing muscle tension etc.*

### ***🏃 THERAPEUTIC MASSAGE - £35\****

*Similar to sports massage however it is a lot less intense and aims to reduce muscle tension but mainly promotes relaxation and a sense of positive and mental well being.*

### ***🏃 CUPPING THERAPY - £35\****

*Cupping therapy (Hijama) aims to increase blood circulation and relieve muscle tension in specific areas where the cups are positioned. When cups are applied using heat, this also adds an element of detoxification to the treated areas.*

### ***🏃 STRENGTH & CONDITIONING - £30***

*The two main focuses of strength and conditioning (S&C) training is to improving movement quality and therefore performance, and to help with injury prevention. S&C is for everyone at any training level who's goal is to develop their strength, power, speed jump height etc.*

### ***🏃 LIFTING ANALYSIS & ASSISTANCE - £40***

*Ensuring your lifting technique is vital, we offer verbal and annotated video feedback of your lifts to illustrate what can be improved to ensure you are performing at your best.*

### ***🏃 PERCUSSIVE THERAPY - £15***

*Percussive therapy is treatment applied through the use of a massage gun. This treatment helps to relive muscle soreness and stiffness, improve range of motion, promote circulation and also accelerate warm ups and recovery.*

### ***🏃 PROGRAMMING - £25***

*Fitness programming helps you stay on track and reach your goals with a bespoke training plan including exercises, repetitions, sets and aims for each exercise.*

### ***🏃 INJURY REHABILITATION/PREVENTION - £30***

*To rehabilitate injuries we take a progressive approach to return you to your pre-injury state, starting with light movement patterns ranging up to sport specific, higher intensity movements. For injury prevention we aim to reduce the risk of becoming injuring by correcting movement and training patterns, and improving joint strength, mobility and stability.*

### ***🏃 KINESIOLOGY TAPING - £15***

*Kinesiology taping supports injured muscles and/or joints to help aid recovery, improve blood circulation and prevent cramps/spasms.*

**ALL PRICES DISPLAYED INDICATE PER SESSION PRICE**

**\*DENOTES 60MIN SESSION, PRICES MAY VARY DEPENDANT UPON TREATMENT**