



PACKAGES

✂ PRE-EVENT PACKAGE

30min Pre-Event massage + injury prevention + Kinesiology taping/support tape
£60

✂ POST-EVENT PACKAGE

60min Sports massage + Cupping therapy
£60

✂ THE 'NIGHT BEFORE' PACKAGE

Kinesiology taping + percussive therapy
£25

✂ PERFORMANCE PACKAGE

Strength + Conditioning session + 60min Sports massage
£55

✂ ULTIMATE RELAXATION PACKAGE

60 min Therapeutic massage + Fire cupping
£55

✂ THE 'RETURN TO PLAY' PACKAGE

Injury rehabilitation/prevention + kinesiology taping
£40

✂ THE BRONZE RECOVERY PACKAGE

2 Massage or cupping treatments per month
£60

✂ THE SILVER RECOVERY PACKAGE

3 Massage or cupping treatments per month
£95

✂ THE GOLD RECOVERY PACKAGE

4 Massage or cupping treatments per month
£130