

# Soothe Therapy

## Price List

The Complementary Touch  
Soothe

# Swedish Massage

Treatment area	Time: mins (option 1)	Price	Time: mins (option 2)	Price	Time: mins (option 3)*	Price **
Full Body:	50 – 60	£35	-	-	-	-
Back	30	£20	20	£18	15	£13
Head/Neck/Shoulders	30	£20	15	£15	10	£10
Leg Massage:	30	£20	15	£15	-	-
Head (scalp) Massage	30	£20	15	£15	10	£10
Head (Scalp & Face)	30	£20	15	£15	10	£10
Abdomen	15	£15	-	-	-	-
Footflex	60	£30	40	£25	25	£18
Hand	20	£15	-	-	-	-
Hand & Arm	25	£18	15	£15	-	-

\*Option 3: The movements are faster paced and more rigorous and are not designed for relaxation!

\*\* Those who live beyond a 4 mile radius will incur an additional £2 charge for travelling expenses

# Spiritual Healing

Service	Time	Price
Spiritual Healing	60	£25
	30	£15

# PNF Treatment

Treatment Area	Time	Price
Full – Legs, arm/shoulder/neck	30	£25
Leg	15	£20
Arm/Shoulder	15	£20
Consultation	Varies	£5

Session	Time	Price
Specialised Grid catered for you needs	1hr	£35

\* In some cases, additional time might be required to investigate some grid formations. Time and effort is required and an additional charge of £15 will be added to this.

## Guided Meditation

This service is individually catered to your needs and a consultation is required so a suitable script can be formulated.

Service	Time	Price
Guided Meditation	30	£15
	45	£20
	60	£25
1 off consultation fee includes scripting formulation and time:		£20

# Body Relax

Progressive Relaxation Technique (PRT)

Session	Time	Price
PRT	20 min	£20

# Basic Counselling

Session	Time	Price
Basic Counselling*	30	£15
	60	£30

\* Please ensure you read the details of this service on the website before you make an appointment to ensure that this is for you!

# Fitness Advice

- © Due to the huge nature of fitness and health it is impossible to attach a fee cost, and will largely be dependent on your need.
- © The service is ideal for those who desire to improve their lifestyle, so this will require time and effort in creating an individual plan of action. This service can also provide a buddy framework for motivation and encouragement purposes to see you through your plan.
- © Referrals could be made to third part business associates who hold specialised fitness qualifications.