

Services and Price list

Massages

30 Mins £30

60 Minutes £60

Choose from Aromatherapy, Swedish or Deep Tissue massage to relieve pain, reduce stress and calm the mind



Chat & Change

30 Mins £30

60 Minutes £60

A confidential, one-to-one phone or Microsoft Teams session to offload, feel heard and move forward



Workplace Wellness Days

Prices start from £225 per half day

Feel Good. Work better. Reduce stress. Ease tension and restore focus during your working day



Manage Your Munch

From £75

Helping you to lose weight and keep it off, without giving up the foods you love.



Stress Reset

£420

A structured six-week programme designed to help you understand, reduce and take control of stress – with guided support every step of the way.



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Together We RISE