FitterDays
Together We RISE

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.

Chair Massage



Individual appointments
20 minutes – £20

Workplace Wellness Days
From £225 per half day

Conducted fully clothed with no oils or lotions, this seated massage helps improve concentration and focus. Available as an individual appointment or as an on-site corporate service.

Manage Your Munch



From £75

Lose weight and keep it off without giving up the foods you love. No pills, potions, powders or salad!

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.

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.

07926 509730 | Andrea@FitterDays.com | In-person appointments: St Albans, AL1