

The

Wellness Centre

(CASTLE QUAY)

# PRICE LIST

*... There's Something  
for Everyone...*



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# Services & Therapies

## CHIROPRACTIC

Initial Consultation	£ 100
Treatments	£ 65
<b>Initial Care Package</b>	£ 530
<b>Acute Care Package</b>	£ 350
<b>Complete Lifestyle Plan</b>	£ 55 /month
Digital Spinal Health Checks	£ 65
Workstation Assessments	£ 100

## float SPA THERAPY

1 x Session (60 min)	£ 60
1 x Session (90 min)	£ 75
<b>Enlightened Package</b>	£ 135
<b>Float Master Plan</b>	£ 40 /month

## MASSAGE THERAPY

### Aromatherapy Massage

Back (45 min)	£ 52
Full Body (60 min)	£ 70
Full Body (75 min)	£ 88

### Hot Stone Massage

Hot Stone Massage (45 min)	£ 65
Hot Stone Massage (60 min)	£ 80
Hot Stone Massage (75 min)	£ 95

### Traditional Thai Massage

Thai Massage (45 mins)	£ 60
Thai Massage (60 mins)	£ 75

### Remedial, Percussion & Sports

Back Massage (30 min)	£ 40
Back Massage (45 min)	£ 52
Full Body (60 min)	£ 70
Full Body (75 min)	£ 88

### Specialty Massages

Indian Head Massage (45 min)	£ 52
Pregnancy (45 mins)	£ 52
Pregnancy (60 mins)	£ 70

### Packages

float SPA + Massage (120 min)	£ 110
Massage Package (7 x 45 min)	£ 312
Massage Package (7 x 60 min)	£ 420

## PHYSIOTHERAPY

Initial Consultation (60min)	£ 100
Treatments (Adult)	£ 60
Treatments (Child)	£ 45
Physiotherapy Care Plan	£ 600
Movement Therapy Course (10 sessions)	£ 135

## MENTAL WELLBEING

### Clinical Psychology

Pre-Consultation (10 min)	£ FREE
Follow-up Sessions (50 mins)	£ 140
Package Offer (7 sessions)	£ 840

**\*Private Medical Insurance Covered\***

### Neurofeedback

Consultation (90 min)	£ 120
Therapy Sessions (60 mins)	£ 90
Package Offer (10sessions)	£ 810
(10 % Off + 1 FREE float SPA)	

## REFLEXOLOGY

Treatments (60 min)	£ 70
Add-On (15 min)	£ 15
Package (6 Sessions + 1 FREE)	£ 420

## WELLNESS STUDIO

### Yoga & Pilates (Group Classes)

1 Class (Pay as you Go)	£ 12
10 Classes (10 % Off)	£ 108
20 Classes (10 % Off + 1 FREE float SPA)	£ 216

### Yoga & Pilates (1:1 Private Classes)

1 Class (60 min)	£ 65
*£10 surcharge per additional student *	
10 Classes (10 % Off + 1 FREE float SPA)	£ 585



**GIFT VOUCHERS AVAILABLE**  
...The Perfect Present...

# Corporate Wellness

A man in a white shirt and tie stands on a green field with arms outstretched, looking up at a bright sun in a blue sky. A laptop is on the grass in the foreground.

A **HEALTHY** Team... is a **HAPPY** Team...  
is a more **PRODUCTIVE** Team...

# Are You Protecting Your Company's Most Precious Asset?

Employees are the backbone of every business, and are the key to their success. The Team at **The Wellness Centre (Castle Quay)** are leaders in Corporate Wellness and can provide businesses with tailor made solutions to:

- Maximize Employee Productivity
- Prevent Injury in the Workplace
- Reduce Absence due to Illness
- Lower Healthcare Costs

Most businesses today struggle with the same age-old problems. Ever increasing workloads & fast changing work environments lead to:

- Increased Anxiety & Stress = 'Burn out'
- Tired and/or unmotivated Workforce
- Reduced Performance & Low mood
- Reduced Cohesion in Team/Organisation
- Increased sick days + increased turnover of Staff & Recruitment.



## Why Implement a Corporate Wellness Program?

Successful Corporate Wellness Programs can create a framework to significantly improve an Employee's work/life balance and increase overall productivity within a business. All of this equates to a happier & healthier workforce, better productivity and ultimately more profit for the Corporate Entity. Our Corporate Wellness Programs go beyond teaching your Employees about work/life balance. They are designed to help you protect your most valuable assets.

To help businesses effectively introduce wellness into their workplaces we offer several levels of support, which are designed to make health & wellbeing more accessible and affordable for all businesses and their teams:

- **Corporate Pricing** (Preferential Rates for Services & Therapies)
- **Wellness Warrior Program** (Structured monthly healthcare for your Team)
- Individually Tailored Corporate Events (Wellness Lectures, Wellbeing Days, etc.)

If you would like to find out how **we** can help **your** business implement a Corporate Wellness Program tailored to your needs, please contact our dedicated Corporate Wellness Team on **01534 633060**, or email us on [admin@the-wellness-centre.com](mailto:admin@the-wellness-centre.com)

**N.B.** - *Our Chiropractic, Physiotherapy, and Mental Wellbeing professionals are covered by most major Private Medical Insurance Companies i.e. (AXA Health, AVIVA, BUPA, etc.)*





## CORPORATE PRICING (Preferential Rates)

Our Corporate Pricing offers Employees of partnered businesses, preferential rates and discounts for a wide range of Health & Wellness services & therapies, giving them access to more affordable care. By partnering your company with **The Wellness Centre (Castle Quay)** as your preferred 'go to' establishment, we will in return give your Employees:

### Chiropractic



- **FREE Spinal Health Checks**  
(**MyoVision** + **PostureScreen**)
- **25% Off** Consultations (History + Examination)
- **20% Off** WorkStation Assessments
- **10% Off** Chiropractic Treatments

### Complementary Therapies



- **20% Off** Massage Therapy
- **20% Off** Sports Therapy
- **20% Off** Reflexology

### float SPA Hydrotherapy



- **50% Off** Floatation Therapy
- Float effortlessly in warm water saturated with over 300kg of Epsom Salts
- Deep Physical & Mental Relaxation (1 hour = 4+ hours deep sleep)

### Physiotherapy



- **50% Off 'YOU MOVE'** Posture & Movement Health Check
- **25% Off** Consultation (History + Examination)
- **10% Off** Physiotherapy Treatment
- Movement Therapy Classes and 1:1 Sessions

### Wellness Studio



- Yoga & Pilates
- **10% Off** Group Classes and 1:1 Sessions
- Wellness Lectures & Workshops available on request

# WELLNESS WARRIOR PROGRAM

...Discover your Inner Warrior...

Our Wellness Warrior Program is not your average health program... It is a transformative membership program designed to help businesses enable their teams to regularly participate in a comprehensive range of Health & Wellness Services and Therapies. For a *small monthly contribution* (with all the benefits of our Corporate Pricing), Corporate Clients can Increase Production, Reduce Absenteeism & Employee turnover, and Optimise their Workforce.



**Chiropractic &  
Physiotherapy**



**f l o a t S P A**



**Massage**



**Mental  
Wellbeing**



**Nutrition**



**Yoga  
& Pilates**

## Additional Benefits...

- Introductory Team Lecture - *Health & Wellness in the Workplace.*
- Health & Wellness Survey (2x / year) = Productivity Data.
- Ergonomic Workstation Assessments (20% Off).
- Additional Health & Wellness Lectures / Workshops (20% Off).

*Join the Corporate Wellness  
Revolution NOW and gain a  
Happier, Healthier, and more  
Productive Team for the Future..!*

**[www.the-wellness-centre.com](http://www.the-wellness-centre.com)**



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**Tel: (01534) 633060**



CHIROPRACTIC CENTRE

*Your Recovery Starts Here*



How do You  
want to Feel...?



[www.jerseychiropractic.com](http://www.jerseychiropractic.com)

# CHIROPRACTIC PRICING

New Patient Consultation (History + Examination)	£100
Digital Spinal Screenings (MYOVISION + POSTURESCREEN)	£65
Treatment (Adult - Normal)	£65
Treatment (Adult - Extended)	£80
Treatment (Child)	£50

**\* Covered by most major Medical Insurance Companies \***

Please see below a number of **Packages & Plans** designed to help save you money and make Chiropractic Care more affordable for you and your family.

**\*All Packages & Plans include Priority Booking service\***

## 1. Initial Care Package

Cost: £530

### Consultation + 8 Treatments (2-3 x/week)

- **10 % Off** a select service or therapy of choice.
- 1 x **f l o a t S P A** session.
- **15% discount.**
- T & C apply

## 2. Continuing Care Package

Cost: £350

### 6 Treatments

- **10 % Off** a select service or therapy of choice.
- 1 x **f l o a t S P A** session.
- **12% discount.**
- T & C apply

## 3. Lifestyle Plan (Chiropractic)

Cost: £55/month (Direct Debit)

### 1 x Chiropractic Treatment/month (normally £65)

- **20% Off 'Emergency Care'** treatments.
- **10 % Off** selected services & therapies.
- **50 % Off f l o a t S P A** sessions.
- **FREE** Digital Spinal Screenings.
- T & C apply



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# Floatation Therapy

(Deep Physical & Mental Relaxation)



float SPA  
pure relaxation

# f l o a t S P A



Floatation Therapy is a wonderful & relaxing experience, which can help to quickly melt away any aches, pains and/or stresses. The **f l o a t S P A** enables our guests to float effortlessly in a *Sensory Deprivation Pod* which is filled with warm water and saturated with over **500kg of Epsom Salts**...! This treatment is fantastic on it's own, but may be used in combination with other treatments i.e. (Beauty, Chiropractic, Massage, Reflexology, etc.) to significantly enhance the benefits of these treatments as 1 hour in this time capsule has been shown to equate to 4-6 hours of *deep sleep*..!

## Float Sessions

(Pay as you go)

Cost: £60 (60 minute Session)

Cost £75 (90 minute Session)

## Enlightened Package

Cost: £135 (60 mins sessions)

**3 x float sessions** (60 mins each)

- Shareable with 1 other person.
- 10% off any 1 treatment of choice.
- 3 month expiry.
- 17% discount

## Float Lifestyle Plan

Cost: £40 / month (Direct Debit)

**1 x float session** (60 mins) / month

- Additional float sessions ONLY £30.
- 10% off any 1 treatment of choice.
- 30% discount.

# Massage

(Relaxation - Rejuvenation - Rehabilitation)







# Complete Massage Package Packages

Cost: £312 / £ 420

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If you want and/or need regular Massage then these are the packages for you...!

6 Massages (45 / 60 min) + 1 FREE.

1 x **f l o a t S P A** (60 min) session.

10% Off one other treatment of choice.

\*Terms & Conditions apply\*

## Float SPA + Massage Package

Cost: £110 (120 min)

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Experience the ultimate in relaxation & rejuvenation...! Step into an 'Oasis of Calm' and let any aches, pains or stress float away in our **f l o a t S P A** Hydrotherapy Pod, complemented by the following treatments.

1 x Massage (60 min) of choice.

1 x **f l o a t S P A** (60 min) session.



**Don't forget to ask for your LOYALTY CARD at Reception**



# Reflexology

(Deep Relaxation - Holistic Therapy)



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**Reflexology** is based on the principle that the body is divided into 10 equal and vertical zones ending in the fingers and toes. Because **Reflexology** is so effective at promoting relaxation and an increased sense of wellbeing, our Therapists often prescribe it in conjunction with other pain-relieving and health enhancing therapies.

**Reflexology** is a suitable therapy for people of any age and can help relieve the symptoms of a wide range of conditions including:

Anxiety - Arthritis - Chronic pain - Circulatory problems - Constipation  
Diabetic complications - Digestive disorders - Fatigue - Fibromyalgia  
Headaches - Foot pain - Insomnia - Menopausal discomfort - Neuropathy  
Premenstrual Syndrome (PMS) - Sciatica - Muscular Tension

Treatment Add-On (15min) £ 15

Treatment (45min) £ 55

Treatment (60 min) £ 70

## Reflexology Package

Cost: £420

6 Sessions (60 min) + 1 FREE

10 % Off one other treatment of choice.

1 FREE float SPA (60 min) session.

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# Mental Wellbeing

Counselling Services (Talking Therapies) - Float SPA (REST Therapy)



# Mental Wellbeing Services

## Clinical Psychology (Talking Therapies)

Whether you are suffering from Anxiety, Bereavement, Depression, Stress or anything else which may be affecting your Mental Wellbeing, professional help is at hand...

**Pre-Consultation (10 min)** £ FREE

**Follow-up Appointments (50 min)** £140

**Therapy Package** £ 840

(15% OFF + 1 FREE float SPA Session)

**\*Covered by most major Private Health Insurance Schemes\***

## Neurofeedback (EEG Biofeedback)

Neurofeedback is a non-invasive process that enables an individual to learn how to change physiological responses in their body by the direct feedback and monitoring of their brain waves using an electroencephalograph (EEG). The aim of Neurofeedback is for you to take control of your brain's reactions and be able to manipulate these at will to help manage conditions such as Stress, Anxiety, Fear, Depression, Addictions, ADHD, OCD etc.

**Consultation + Therapy Session (90 min)** £ 120

**Follow-up Therapy Sessions (60 min)** £90

**Course of 10 Therapy Sessions** £ 840

(10% OFF + 1 FREE float SPA Session)

## float SPA (REST Therapy)

Floataction Therapy is a wonderful & relaxing experience, which can help to quickly melt away any aches, pains and/or stresses. The **float SPA** enables our guests to float effortlessly in a *Sensory Deprivation Pod* which is filled with warm water and saturated with over 500kg of Epsom Salts...! This treatment is fantastic on it's own, but may be used in combination with other treatments i.e. (Beauty, Chiropractic, Massage, Reflexology, etc.) to significantly enhance the benefits of these treatments as 1 hour in this time capsule has been shown to equate to 4-6 hours of deep sleep..!

**60 minute Session** £ 60

**90 minute Session** £ 75

**Enlightened Package** £ 135

(3 x 60 mins sessions, sharable with 1 other person)


**Float Lifestyle Plan** £ 40/month (Direct Debit)

(1 x 60 mins session / month, additional sessions **ONLY £ 30**)



# The Wellness Studio

(Yoga - Pilates - Group & Private Classes - Workshops)



**HARD  
WORK**  
WILL PAY OFF

The

# Wellness Centre

(CASTLE QUAY)

## The Wellness Studio

Unlike many other studios all our group classes have been priced the same to allow you flexibility in mixing & matching your classes. We have also designed Packages that will save you money and give you access to further services & discounts within our centre.

Now all you have to do is decide which classes to take..!

### GROUP CLASSES

#### Movement Therapy (Physiotherapy)

Group Classes (10x 60 min classes) £135

#### Yoga & Pilates

1 Class (pay as you go) £12

10 Classes (10% Off) £108

20 Classes (10% Off + 1 FREE float SPA) £216

### PRIVATE CLASSES

#### Movement Therapy (Physiotherapy)

1:1 Classes (60 min) £60

#### Pilates & Yoga

1:1 Classes (60 min) £65

\*£10 surcharge per additional student (Maximum 10 per class)\*

1:1 x 10 Classes (10% Off + 1 FREE float SPA) £585

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## Terms & Conditions

### ***Packages & Plans***

*Packages* are payable in advance and in full. *Plans* are paid monthly in advance by Direct Debit. Please be aware that some *Packages & Plans* may not be eligible for cover under some *Private Medical Insurance* schemes. Both the Chiropractic Lifestyle Plan and Acute Care Package will become available to Patient Members once their initial Chiropractic Treatment Phase has been completed.

*Packages* - Must be utilised within 6 months of original purchase.

*Payment Plans* - Services & treatments may not be deferred and must be utilised within the associated month of payment.

### ***'Emergency Care' Treatment***

Refers to treatment that may be required outside of a prescribed treatment plan due to an unforeseen relapse and/or injury.  
Subject to your Practitioners diagnosis and discretion.

### ***Refunds***

Refunds are available but shall be calculated on a *used treatment basis* reverting to the maximum fee payable per treatment.

*Terms & Conditions may be subject to change without notice.*

## **PAYMENT POLICY**

Please note we operate a 'pay as you go' policy. If you have Private Medical Insurance and wish to make a claim please contact your Insurance Company for directions and *pre-authorisation*. **N.B.** - Our Chiropractors and some other therapists are registered with most major **Private Medical Insurance Companies**. We can on request provide you with an itemised invoice which may be submitted by you to your insurer. Alternatively for a small Admin Fee i.e. (£20) we can submit invoices directly to your insurance company on your behalf.

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