

The

Wellness Centre

(CASTLE QUAY)

# PRICE LIST

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



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# Services & Therapies

## CHIROPRACTIC

Initial Consultation	£ 80
Treatments	£ 58
Initial Care Package	£ 470
Rehabilitation Care Package	£ 310
Complete Lifestyle Plan	£ 49 /month
Digital Spinal Health Checks	£ 60
Workstation Assessments	£ 100

## MASSAGE THERAPY

### Aromatherapy Massage

Back (45 min)	£ 50
Full Body (60 min)	£ 68
Full Body (75 min)	£ 85

### Hot Stone Massage

Hot Stone Massage (45 min)	£ 65
Hot Stone Massage (60 min)	£ 80
Hot Stone Massage (75 min)	£ 90

### Indian Head Massage

45 minutes	£ 50
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### Remedial/Sports Massage

Back Massage (30 min)	£ 38
Back Massage (45 min)	£ 50
Full Body (60 min)	£ 68
Full Body (75 min)	£ 85

### Specialty Massages

Indian Head Massage (45 min)	£ 50
Pregnancy (45 mins)	£ 50
Pregnancy (60 mins)	£ 68
Thai Massage (45 mins)	£ 50
Thai Massage (60 mins)	£ 68

### Packages

float SPA + Massage (120 min)	£ 110
Complete Massage Package	£ 300

## REFLEXOLOGY

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

## float SPA THERAPY

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

## WELLNESS STUDIO

### Yoga & Pilates (Group Classes)

1 Class (Pay as you Go)	£ 10
10 Classes (10 % Off)	£ 90
20 Classes (10 % Off + 1 FREE float SPA)	£ 180

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

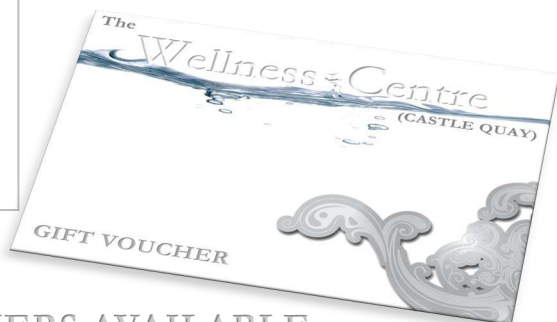
1 Class (60 min)	£ 60
*£10 surcharge per additional student *	
10 Classes (10 % Off + 1 FREE float SPA)	£ 540

## TALKING THERAPIES

(Counselling Services - Psychology)

Pre-Consultation (10 min)	£ FREE
Follow-up Sessions (50 mins)	£ 120
Package Offer (7 sessions)	£ 720

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



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



# CORPORATE WELLNESS PROGRAM

BRING BALANCE TO YOUR WORKPLACE

- 1 CHIROPRACTIC**
- **FREE** Spinal Health Checks (**MYO**VISION + **POSTURE**SCREEN).
  - **25% Off** Consultations (History + Examination).
  - **20% Off** WorkStation Assessments
  - **10% Off** Chiropractic Treatments
  - \* **Private Medical Insurance Covered \***  
(AXA/PPP, AVIVA, BUPA, PPP, etc.)

**2 COMPLEMENTARY THERAPY**

- **20% Off** Beauty Therapy (Brow Sculpting, Manicures/Pedicures, Waxing, etc.)
- **20% Off** Massage Therapy (Aromatherapy, Deep Tissue, Facial, Hot Stone, Remedial, Pregnancy, Indian head).
- **Plans & Packages Available**

**3 float SPA THERAPY**

- **50% Off** Floatation/REST Pod
- Float effortlessly in warm water saturated with over 300kg of Epsom Salts.
- Deep Physical & Mental Relaxation (1 hour = 4-6 hours deep sleep).
- **Plans & Packages Available**

**4 WELLNESS STUDIO**

- **10% Off** Studio Classes
- Group + 1:1 Classes available.
- Packages Available.
- Wellness Lectures & Workshops.

**Are you protecting your company's most precious asset?**

Employees are the backbone of your business and your key to success.

**We are leaders in Corporate Wellness and can provide personalised solutions to:**

**MAXIMIZE EMPLOYEE PRODUCTIVITY**

**LOWER HEALTHCARE COSTS**

**PREVENT INJURY IN THE WORKPLACE**

**Our Corporate Wellness Program goes beyond Just teaching your employees about a work life balance - we help you to protect your most valuable asset.**

# WELLNESS WARRIOR PROGRAM

...Discover your Inner Warrior...

The **Wellness Warrior Program** is not your average Health & Wellness program... It is a structured membership program, which enables businesses to actively stimulate their workforce by contributing towards their Employees regular participation in health related activities to promote physical and mental wellbeing. **From only £30/month individuals can choose from a wide range of Services & Therapies .**



CHIROPRACTIC



f l o a t S P A



MASSAGE  
& BEAUTY



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).
- Corporate Rates - Selected Treatments & Services.

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



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# Jersey

CHIROPRACTIC CENTRE

*Your Recovery Starts Here*



## How do You want to Feel...?



**Balanced**

**Pain Free**

**Stronger**

**Healthier**

**Less Tired**

**More Flexible**

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



# Packages & Plans

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

\*We are registered with most major Private Health Insurance companies.

For more information on our prices, and/or how to submit your claim please visit our website.\*

## 1. Initial Care Package

Cost: £470 (Pre-Paid)

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** (60 min) session.
- Approx. 15% discount.
- Terms & Conditions apply

## 2. Rehabilitation Care Package

Cost: £310 - £610 (Pre-Paid)

6 Treatments (1x/week)

- +/- Pilates or PT Session (1x/ week)
- 10 % Off a select service or therapy of choice.
- 1 x **f l o a t S P A** (60 min) session.
- Approx. 12% discount.
- Terms & Conditions apply

## 3. Maintenance Care Lifestyle Plan

Cost: £49/month (Direct Debit)

1 x Chiropractic Treatment/month (normally £58)

- 20% Off **'Emergency Care'** treatments.
- 10 % Off selected services & therapies.
- 50 % Off **f l o a t S P A** sessions.
- Free Spinal Health Checks.
- Terms & Conditions 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 MASTER Plan

Cost: £40 / month (Direct Debit)

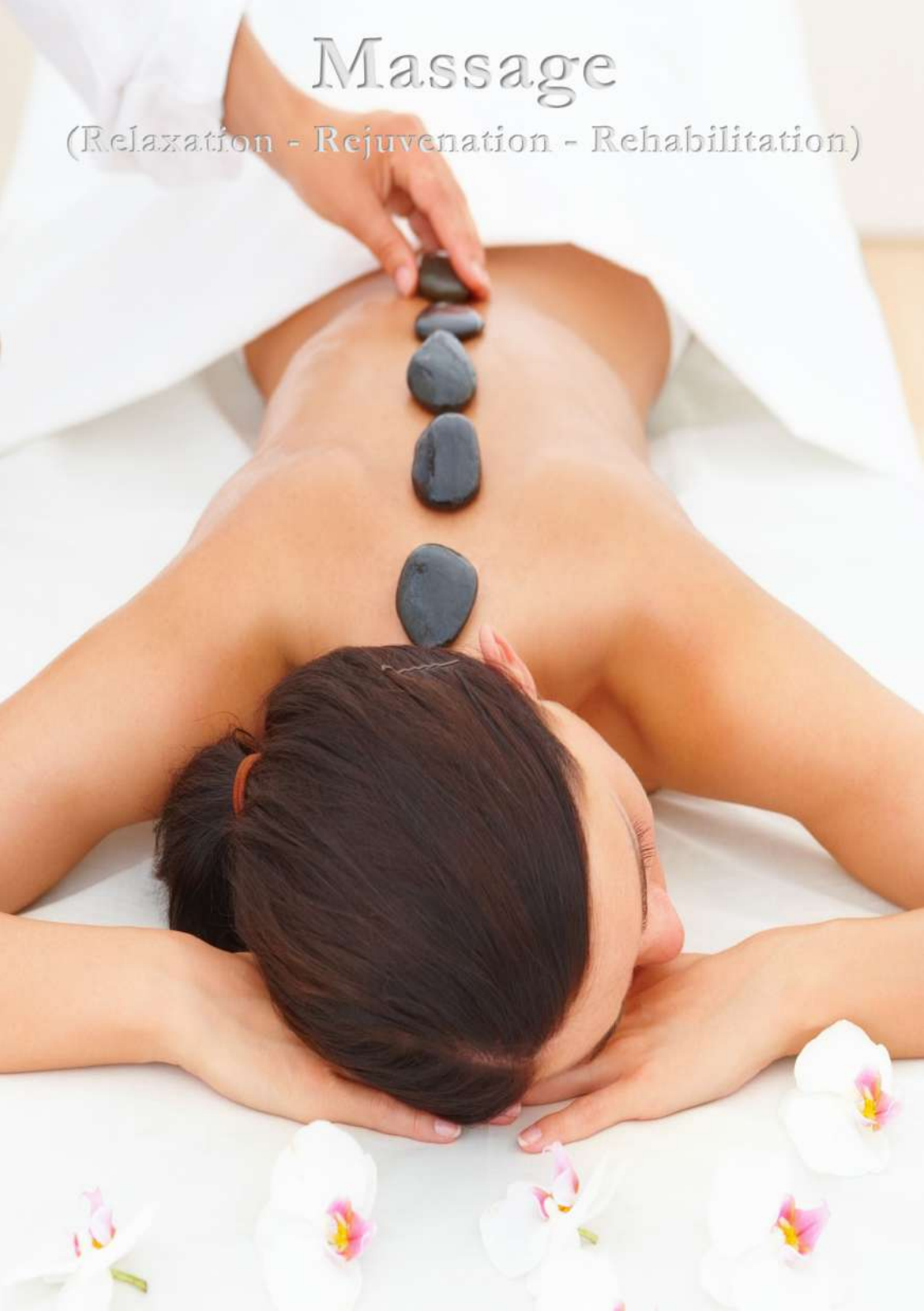
### 1 x float session (60 mins) / month

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



# Massage

(Relaxation - Rejuvenation - Rehabilitation)





## Complete Massage Package

Cost: £300

If you want and/or need regular Massage then this package is for you...!

6 Massages (45min) + 1 FREE.

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

10% Off any other treatment of choice.

\*Terms & Conditions apply\*

## Float SPA + Massage Package

Cost: £110 (120 min)

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

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6 Sessions (60 min) + 1 FREE  
10 % Off any other treatment of choice.  
1 FREE f l o a t S P A (60 min) session.

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# Mental Wellbeing

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





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## Mental Health Services

### Counselling Services (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...

<b>Pre - Consultation</b> (10 min)	<b>£FREE</b>
<b>Follow-up Appointments</b> (50 min)	<b>£120</b>
<b>Package</b> (6 Sessions + 1 FREE)	<b>£720</b>

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

### f l o a t S P A (REST Therapy)

Floataction Therapy offers an intensive physical & mental relaxation treatment. Our f l o a t S P A enables guests to float effortlessly in our 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

60 Mins Session / Cost: £60

90 Mins Session / Cost: £75

### Float MASTER Plan

Cost: £40/month (Direct Debit)

**1 x 60 Mins float Session / month**

- Additional float sessions ONLY £30
- 10% Off any Treatment of choice.
- 30% Discount.

### Enlightened Package

Cost: £135

**3 x 60 Mins float Sessions**

- Shareable with 1 other person
- 10% Off any Treatment of choice.
- 3 month Expiry.
- 17% Discount.

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# The Wellness Studio

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



**HARD  
WORK  
WILL PAY OFF**

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## 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

#### Yoga & Pilates

1 Class (pay as you go)	£10
10 Classes (10% Off)	£90
20 Classes (10% Off + 1 FREE float SPA)	£180

### PRIVATE CLASSES

#### Pilates & Yoga

1:1 Classes (60 min)	£60
*£10 surcharge per additional student (Maximum 10 per class)*	
1:1 x 10 Classes (10% Off + 1 FREE float SPA)	£540

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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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*for Everyone...*



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