

The

Wellness Centre

(CASTLE QUAY)

PRICE LIST

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



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Services & Therapies

CHIROPRACTIC

Initial Consultation	£ 100
Treatments	£ 65
Initial Care Package	£ 530
Acute Care Package	£ 350
Complete Lifestyle Plan	£ 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
Enlightened Package	£ 135
Float Master Plan	£ 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

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



float SPA



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



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Tel: (01534) 633060

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

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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Floataction 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

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)

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)



The

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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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