

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
Chiropractic Lifestyle Plan	£ 49 /month
Digital Spinal Health Checks	£ 60
Workstation Assessments	£ 100

MASSAGE THERAPY

Aromatherapy Massage

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

Hot Stone Massage

45 minutes	£ 65
60 minutes	£ 80
75 minutes	£ 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

Facial Rejuvenation Massage (25 mins)	£ 32
Pregnancy (30 mins)	£ 38
Pregnancy (45 mins)	£ 50
Pregnancy (60 mins)	£ 68

Packages

Complete Massage Package	£ 300
Rejuvenation Package	£ 160

REFLEXOLOGY

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

BEAUTY THERAPY

Brows by Mii Design Service

Initial Design - Tint & wax (45 min)	£ 40
Ongoing Brow service (30 min)	£ 30
Package (6 monthly treatments)	£ 135

Patch Test required 48 hours prior to initial service

Hair Removal

Eye Brow Wax	£ 17
Lip Wax	£ 12
Chin Wax	£ 12
Under Arm Wax	£ 17
Bikini Wax	£ 22
Half Leg Wax	£ 32
Full Leg Wax	£ 42
Back Wax	£ 32
Chest Wax	£ 32

JESSICA

Manicures

Express Manicure (30 min)	£ 25
Deluxe Prescriptive Manicure (60 min)	£ 45
GELeration Manicure (45 min)	£ 40
GELeration Deluxe Manicure (75 min)	£ 55
GEL Removal (20 min)	£ 16

Pedicures

ZenSpa Pedicure (30 min)	£ 25
ZenSpa Deluxe Pedicure (60 min)	£ 45
GELeration Pedicure (75 min)	£ 55

Tinting Services

Eye Lash Tint	£ 22
Eye Brow Tint	£ 12
Eye Lash & Brow Tint	£ 27

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



float SPA



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



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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

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

Rejuvenation Package

Cost: £100 (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

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...

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

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 f l o a t S P A)	£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 f l o a t S P A)	£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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