





MASSAGE SERVICES

• Relaxation Massage

Neck, Back & Shoulders Massage
 (35 minutes): £40

60 minutes: £65
90 minutes: £100
120 minutes: £130

Deep Tissue Muscle Recovery

Targeted Massage (45 minutes): £65

• Full Body (90 minutes): £120

MD SIGNATURE THERAPY

(see overleaf for details)

30 minutes £4560 minutes: £8590 minutes: £130

BOOK YOUR ASSESSMENT TODAY

148 WEST REGENT ST, GLASGOW, G2 2RQ

PHYSIOTHERAPY

- o Initial Physio Assessment (45 minutes): £65
- Follow-Up Physio Appointment (30 minutes): £45
- Acupuncture: £50
- o Cupping: £50
- Sports Taping: £25
- Full Body MOT (90 minutes): £195
 *includes assessment, treatment,
 plus personalised exercise & nutrition plan

FITNESS & PERSONAL TRAINING

- o Fitness Assessment: £35
- Injury Rehabilitation (30 minutes): £35
- 1-to-1 Personal Training (60 minutes): £45
- 2-to-1 Personal Training (60 minutes): £55

HYPNOTHERAPY & NLP COACHING

- o Initial Assessment (60 minutes): £75
- Follow-Up Appointment (45 minutes): £65









MEMBER