

THERAPIES AND TREATMENTS

Monday	Chiropody - Pat	10.00am – 1.00pm (every 6 weeks)
	Shiatsu – Heidi	9.00am – 3.00pm
	Drop in Pilates – Lynne/James	1.15pm (1hr)
	Craft Class short courses	11.00am – 1.00pm
Tuesday	Massage - Viola	10.00am – 3.00pm
	Acupuncture - Pippa	10.00am – 1.00pm
	IHM - Teresa	12.30pm – 2.30pm
	Physiotherapy - Diane	11.45am – 3.30pm
	Drop in Keep Fit – Lynne	10.15am – 11.15am
	Drop in Keep Fit – Lynne	6.00pm (1hr)
Wednesday	Reflexology/ Reiki - Julie	10.15am – 3.45pm
	Drop in Yoga – Julie	10.30am (90 mins)
	Drop in Tai Chi - Mo	1.00pm (1hr)
Thursday	Shiatsu – Mary	10.15am – 2.50pm
	Acupuncture – Pippa	10.00am – 4.20pm
	IHM (Indian Head Massage) /Reflexology – Sonia	10.00am - 3.30pm
	Drop in Pilates – Micci	10.30am (1hr)
	Drop in Seated Yoga – Louise or Jo	12.00pm (1hr)
Friday	Shiatsu – Amanda	9.30am – 1.00pm
	Osteopathy – Virginia	12.00pm – 2.00pm
	Physiotherapy – Viola	2.00pm – 3.30pm
	Beauty therapies - Sarah	9.30am – 2.30pm
	Drop in Physiotherapy Gym Viola	1.00pm (1hr)
	Drop in Voiceworks - Rose	11.00am (1hr)
Oxygen	High Dosage Oxygen Therapy – 4 sessions daily	
Suggested donations	HDOT £12/£18/£25 (£5 outside the chamber) DROP IN CLASSES £5/ £6	
All individual therapies are a suggested minimum fee of £15, to be paid direct to therapist, except physiotherapy which should be paid at reception. Please note: Less than 24 hours' notice will attract a minimum cancellation charge of £5 payable to the therapist.		
Hairdressing and barbering with Julie – any weekday to suit		
Counselling	Please ask Penny or Hilary for details	