

	30 mins	1hr	90 mins	2hrs
  INDIAN HEAD MASSAGE A seated massage of the head, neck and shoulders	£30			
  CHAIR MASSAGE Energising massage of the back and shoulders. Perfect for your lunch break!	£30			
  REIKI A gentle healing treatment for deep relaxation and emotional cleansing	£30	£50		
  REFLEXOLOGY A therapeutic treatment of the feet.	£30	£50		
  HOLISTIC MASSAGE A relaxing massage for the relief of stiff painful muscles	£30	£60	£85	
 SPORTS MASSAGE Targeted relief of sports and other injuries.	£30	£60	£85	
 MYO-FACIAL Relieves muscles unresponsive to regular massage.	£30	£60	£85	
  AROMATHERAPY Soothing massage using the therapeutic properties of essential plant & flower oils	£35	£65	£90	
 LYMPHATIC DRAINAGE A light, cleansing treatment to ease fluid retention and boost immunity	£30	£60	£85	£120

Ms. Oge Okoh – Dip. ITEC

W: timetherapies.co.uk E: info@timetherapies.co.uk T: 07538 194 204

Holistic Health Lab, 102 Mill Lane, West Hampstead, NW6 1NF



Energise



De-stress



Relax



Sport