















	30 mins	60 mins	90 mins	2hrs
  INDIAN HEAD MASSAGE A seated massage of the head, neck and shoulders	£35			
  REFLEXOLOGY A therapeutic treatment of the feet.	£35	£60		
  HOLISTIC MASSAGE A relaxing massage for the relief of stiff painful muscles	£35	£70	£100	
  SPORTS MASSAGE Targeted relief of sports and other injuries.	£35	£70	£100	
  AROMATHERAPY Soothing massage using the therapeutic properties of essential plant & flower oils	£40	£75	£105	
  LYMPHATIC DRAINAGE A light, cleansing treatment to ease fluid retention and boost immunity	£40	£80		£140

	15 mins	30 mins	45 mins
  CHAIR MASSAGE Energising massage of the back, neck and shoulders. Perfect for lunch break!			
	£20	£35	£50

Discount available with a course of 5 or more treatments

Ms. Oge Okoh – Dip. ITEC

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

Haelan Clinic. 41 The Broadway, Crouch End. London N8 8DT



Energise



De-stress



Relax



Sport