

By Appointment

Katheryn Dean M.A.O

Medical Massage and Manipulation  
Specializing in neck and back pain

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## Gym Prices

### Bronze

Unlimited gym, sauna, vibrostation, 3 classes per week. Monthly personal programme

£150 for 7 months (**1 month free**)  
£25 for 6 month direct debt  
£30 per month

### Silver

+

Sunbed

(up to 3 per week max 60 session per year)

£180 for 7 months (**1 month free**)  
£30 for 6 months direct debt  
£35 per month

### Gold

+

mini beauty treatment or spray tan

£210 for 7 months (**1 month for free**)  
£35 for 6 month direct debt  
£40 per month

Student Memberships £5.00 discount per month

### Personal Training

£25 per hour  
Book 10 get 2 session free

### One to One Pilates

£25 per hour  
Book 10 get 2 sessions free

**Postural Assessment** £15.00

**Food diary analysis and weight loss programme** £30.00

### Non members

£15.00 Induction and programme  
£4.00 per gym/sauna visit  
£6.00 per gym + sauna

£4.00 per Class  
£2.50 per 30 min Class

### Sunbeds

£3.25 3 mins  
£4.25 6 mins  
£5.25 9 mins  
£6.75 12 mins

60 minute Block Booking £30.00

 **simply balance**  
fitness and wellbeing for women



## Price List

Ladies only gym

Personal training

Vibration training

Nutritional programmes

Pilates

Step/fat loss circuits

I lipo

Sunbed

Infrared Sauna

Beauty Therapy

Sports Massage

Physiotherapy

Osteopathy

Tel: 01834 861454

Simply Balance  
Allensbank  
Providence Hill  
Narberth

## Holistic Therapy



### Back, neck and shoulder massage

**30 minutes**  
**£20.00**

To release muscular tension and relieve aches and pains with an aromatherapy blend tailored to your needs emotionally, mentally and physically.

### Aromatherapy massage

**90 Minutes**  
**£45.00**

Essential oils blended to balance your mind and body. A head to toe massage incorporating a variety of techniques to suit each individual. This luxurious treat promises to leave you feeling relaxed and revitalised.

90 minutes

### Reflexology foot and hand massage

**60 minutes**  
**£30.00**

It has long been believed that by stimulating reflex points on the hands and feet (which represent a map of the body) the corresponding body organ will work more effectively, thus creating an overall increase in health and well being.

It is an ancient custom - to soak and cleanse the feet prior to soothing reflexology massage.

### Indian head massage

**40 minutes**  
**£25.00**

A traditional form of healing derives from the Asian healing art of 'Ayurveda'- A Sanskrit word meaning 'the art of living' or 'wisdom of life'.

By stimulating marma points (mini wheels of energy / gateways), found all of the body, we release blockages allowing positive energy to flow freely, giving an overall feeling of well being.

Many of us store tension in our scalps which may lead to more severe neck, then back pain, migraines, headaches, sinusitis, eye strain, to name a few symptoms. Indian Head Massage eases tension and utterly relaxes the mind.

### Sugar / salt and oil body polish

**20 minutes**  
**£20.00**

Deep exfoliation with a special blend of salt or sugar and essential oils to detox, relax or invigorate. This treatment aims to purify the body, soften and tone the skin, leaving it looking radiant and revitalised.

### Terrake / Thalgo facial

**60 minutes**  
**£35.00**

Combining exquisite French sister company's to achieve the best results. Top quality ingredients are sourced ethically with expert knowledge and experience. Facial products made with marine, herbal, mineral and flower essences create a facial to enliven, rehydrate, detox and uncover your naturally beautiful skin leaving you feeling at peace and looking radiant.

### Intensive aromatherapy facial

**60 minutes**  
**£35.00**

Using aromatherapy blended products specifically for your skin type to rebalance and refresh every complexion. Let us feed your face with nutrient rich oils, diminish fatigue and release tension to create a younger looking, healthier skin.

### Holistic Hot stone massage

**75 minutes**  
**£45.00**

Stone therapy is a Native American practice, using Basalt stones from a volcanic source used since ancient times as a healing therapy.

The benefits of hot stones allow us to work more deeply, creating warmth and relaxation, relieving tension, aches and pains. They're deeply calming, comforting and grounding which balance the body's natural energy.

### Luxury backcial

**45 minutes**  
**£35.00**

A deep cleanse and exfoliation to the back to prepare for a mineral mud mask that will purify and tone the skin. We then nurture, through massage techniques and encourage the body's natural ability to eliminate waste through lymphatic drainage massage.

Ideal before wearing that strappy /backless summer dress!

### Firm and tone

**60 minutes**  
**£40.00**

An ideal treatment to use in conjunction with i:lipo or as a stand alone course of 6 weekly treatments to maintain once a month.

Through body brushing; to rid the body of dead skin cells, wake up the lymphatic system and boost circulation, a salt and oil scrub to help purification and skin tone. To follow; a detoxifying massage using lymphatic drainage techniques with deep tissue massage to boost the movement of lymph and stimulate your natural elimination process. Concentrating on areas of the body prone to weakness and blockages, resulting in an uneven skin appearance, poor skin tone and texture, fluid retention and cellulite.

Essential oils of Juniper berry, lemon, grapefruit and cypress have a stimulating and cleansing effect helping to improve the elimination of excess toxins and fluids in the body.

### Pre and post natal

**60 Minutes**  
**£35.00**

A deeply relaxing treatment when the skin needs nourishment. Using oils of calendula, sweet almond, jojoba, grape seed and vitamin E this treatment will improve tonicity and suppleness leaving you feeling calm and balanced.

## Ayurvedic experience

'Ayurveda'- A Sanskrit word meaning 'the art of living' or 'wisdom of life'. This philosophy uses Ayurveda as a preventative from dis ease, through the best course of diet, surroundings and exercise for your dosha (constitution). This is a truly holistic way of life.

Eastern secrets and western promise combine to create the most beneficial treatment to inspire and re-balance mind, body and soul.

Foot soak and cleanse, body polish, body envelopment, hot/cold stone massage.

Full consultation and lifestyle advice given according to your Dosha.

120 minutes £70.00

### Bach flower consultation and tonic.

With 36 flower essences to choose from, each one signifying an emotion there is no reason not to feel at peace with yourself.

The infamous 'Rescue Remedy' is a derivative from a select few original Bach Flower Remedies, with careful consultation and good listening skills recognising how you feel and doing something positive for yourself rests in your hands.

From 30 minutes, starting price £15.00

## Beauty Therapy

Waxing

Full Leg

**£15.00**

Half Leg

**£9.00**

Under Arm

**£5.00**

Bikini

**£5.00**

Lip/Chin

**£5.00**

Eyebrow

**£5.00**

Nails

Manicure

**£25.00**

Pedicure

**£20.00**

Bio Sculpture Gel Nails Manicure/pedicure

**£35.00**

### Tinting

Eyelash tinting

**£6.00**

Eyebrow tinting

**£4.00**

### Mini Facial

Double cleanse, exfoliate, massage, mask, moisturise

**£15.00**

### I Lipo

The intelligent alternative to liposuction

**£70.00**

1 Treatment

**£500**

Course of 8 treatments including one month membership

20% discount for members