

THE HEALTH STUDIO



CLAIRE
GRAY

DALSTON

Services Price List

ACUPUNCTURE

TRADITIONAL FIVE ELEMENT ACUPUNCTURE TO TREAT A VARIETY OF HEALTH CONDITIONS AND PAIN - 1 HOUR TREATMENT £55.00

BODY TREATMENTS

BESPOKE FASCIA DECOMPRESSION BODY WORK MASSAGE, BODY REALIGNMENT/PAIN MANAGEMENT (90 MIN) £75.00

POSTURE ASSESSMENT & MOVEMENT ANALYSIS- 90MIN £75.00

MEDICAL MERIDIAN MASSAGE - DEEP BODY MASSAGE ALONG THE MERIDIANS TO RESET THE BODY AND MIND - 2 HOURS (OR 90 MIN WITHOUT FACE £80) £100.00

GENTLE YIN MASSAGE FOR THOSE WHO ARE DEPLETED, TIRED OR FRAIL. THIS MASSAGE STIMULATES THE YIN MERIDIANS TO NOURISH AND REPLENISH THE BODY - 1 HOUR £55.00

FACIAL TREATMENTS

FACIAL REJEUVANATION TREATMENT TO UNWIND TIME. A RELAXING FACIAL TO LIFT AND SCULPT THE FACE. GREAT FOR THOSE WANTING A NATURAL ALTERNATIVE TO BOTOX £60.00

THREE TREASURES FACIAL ACUPUNCTURE, ABDOMINAL MASSAGE AND GUA SHA - 1 HOUR £60.00

BREATHWORK

BESPOKE BREATHWORK SESSION TO ADDRESS SYMPTOMS SUCH AS: SNORING, ASTHMA, ANXIETY, FATIGUE, ATTENTION SPAN, HIGH BLOOD PRESSURE. £55.00