



thewellbeingstudio

Welcome to the Wellbeing Studio

Healthy Body • Mind • Life....Be Well!

We offer bespoke health programmes and tailored complementary therapy consultations designed to help you achieve results and reach your health goals naturally.

Therapy	Duration	Price
Personal Training	1 hour 12 session course	£40 £400
Nutritional Therapy with Sara	Initial: 1 hour Follow Up: 45 mins	£60 £45
Counselling with Paul	Personal: 1 hour Relationship: 1 hour Coaching: 1 hour	£55 £65 £65
Life Coaching and Hypnotherapy with Brad	1 session: 1.5 hours 3 x 1 hour session package 6 x 1 hour session package	£120 £255 £460
Health and Wellbeing Coach with Lisa	1 hour 3 week block booking 6 week block booking	£85 £225 £400
Dietetics with Jackie	1 hour	Packages start from £80
Holistic Massage Therapy with Kerry	Holistic Massage 1 hour 1.5 hours Lymph Drainage Massage 1.5 hours Meditation Massage 1.5 hours	£50 £75 £75 £75
Pilates with Melissa	Classes: 1 hour Private Lessons: 1 hour	£10 per class or 6 for £50 £40 per lesson or 10 for £390
Yoga with Finnola	Classes: 1 hour Private Lessons: 1 hour 6 Classes	£8 per class £35 per lesson £45
Pregnancy Yoga with Finnola	Classes: 1 hour 6 Classes	£8 per class £45
Meditation with Kerry	Meditation Classes 1 hour (block of 6) Individual Meditation Class 1 hour	£75 £50

To book a consultation or speak with one of our therapists please contact us **01275 870305**, email **sara@thewellbeingstudio.com**

We look forward to hearing from you!