

Life & Soul

Massage Therapy



Start relaxing now by contacting: Sarah Bowen VTCT, BABTAC, CIBTAC

Life & Soul The Rectory Mews, Thelnetham Road, Blo Norton, Diss, Norfolk, IP22 2JG or
Med & Mind Clinic, 11 Moseley's Business Centre, Fornham All Saints, Bury St Edmunds, Suffolk, IP28 6JY
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Life & Soul

Massage Therapy

Treatments

Swedish Massage
(1 hr) Full Body £35.00

Back, Neck & Shoulders
(30mins) £20.00

Leg & Foot Massage
(20mins) £15.00

Hand & Arm Massage
(20mins) £15.00

Stomach Massage
(20mins) £15.00

Indian Head Massage
(30mins) £30.00

NEW "Mums-to-be" Pregnancy Massage (1hr) £35.00

Exciting news! Why not treat yourself to a massage? Massage helps relieve backache, swollen ankles and fluid retention and helps with an easier birth.

Hot Stone Massage
(90mins) £45.00

Hot Stone Face Massage
(30mins) £20.00

Marine Cold Stone Massage
(30mins) £20.00

The Natural Face Lift
massage
(45mins) £30.00

Gift Vouchers and Home Visits also available. Please call for details.

If you are a new client, please allow an extra 10 mins to treatment time for a consultation