

# The Life Centre Islington

## Therapy Schedule 2018

—yoga for life

|   |                                     | 1st Appointment |      | Follow Up Appointment |      |
|---|-------------------------------------|-----------------|------|-----------------------|------|
| <b>Acupuncture /Herbs</b>   |                                     |                 |      |                       |      |
| Mei Hung  | Wed 18.00—20.00<br>Sat 14.30 —18.30 | 45m             | £75  | 30m                   | £55  |
| (There may be an additional charge for herbs)                           |                                     |                 |      |                       |      |
| <b>Acupuncture/ Herbs Consultation (No Treatment)</b>                   |                                     |                 |      |                       |      |
| Mei Hung  | Wed 18.00—20.00<br>Sat 14.30 —18.30 | 15m             | £30  | 15m                   | £30  |
| <b>Anti-Ageing Acupuncture</b>  |                                     |                 |      |                       |      |
| Mei Hung  | Wed 18.00—20.00<br>Sat 14.30 —18.30 | 45m             | £80  | 30m                   | £60  |
| <b>Ayurvedic Full Body Massage (Head included with 90min treatment)</b> |                                     |                 |      |                       |      |
| Xenia Bolomiti  | Sun 10.00—15.00                     | 1hr             | £70  | 1hr                   | £70  |
|   |                                     | 1hr 30m         | £95  | 1hr 30m               | £95  |
| <b>Ayurvedic Back Massage</b>   |                                     |                 |      |                       |      |
| Xenia Bolomiti  | Sun 10.00—15.00                     | 30m             | £45  | 30m                   | £45  |
|   |                                     | 45m             | £55  | 45m                   | £55  |
| <b>Ayurvedic Consulation</b>  |                                     |                 |      |                       |      |
| Xenia Bolomiti  | Sun 10.00—15.00                     | 30m             | £30  | 30m                   | £30  |
| <b>Ayurvedic Detox/Exfoliation Massage</b>                              |                                     |                 |      |                       |      |
| Xenia Bolomiti  | Sun 10.00—15.00                     | 30m             | £50  | 30m                   | £50  |
|   |                                     | 45m             | £60  | 45m                   | £60  |
| <b>Ayurvedic Facial Massage</b>   |                                     |                 |      |                       |      |
| Xenia Bolomiti  | Sun 10.00—15.00                     | 45m             | £60  | 45m                   | £60  |
| <b>Ayurvedic Head Massage</b>   |                                     |                 |      |                       |      |
| Xenia Bolomiti  | Sun 10.00—15.00                     | 30m             | £45  | 30m                   | £45  |
|   |                                     | 45m             | £55  | 45m                   | £55  |
| <b>Ayurvedic Pummelling Massage</b>                                     |                                     |                 |      |                       |      |
| Xenia Bolomiti  | Sun 10.00—15.00                     | 30m             | £45  | 30m                   | £45  |
|   |                                     | 45m             | £55  | 45m                   | £55  |
| <b>Massage Therapy</b>  |                                     |                 |      |                       |      |
| Charlotte Preston   | Fri 17.30—21.30                     | 1hr 30m         | £70  | 1hr                   | £70  |
|   |                                     | 2hr             | £130 | 1hr 30m               | £100 |
|   |                                     |                 |      | 2hr                   | £130 |
| <b>Thai Yoga Massage</b>  |                                     |                 |      |                       |      |
| Danila Ciencia  | Sat 10.00—14.00                     | 1hr             | £70  | 1hr                   | £70  |
|   |                                     | 1hr30m          | £90  | 1hr30m                | £90  |
|   |                                     | 2hr             | £125 | 2hr                   | £125 |
| Daria Germondari  | Mon 18.00—20.30                     | 1hr             | £60  | 1hr                   | £60  |
|   |                                     | 1hr 30m         | £75  | 1hr 30m               | £75  |
|   |                                     | 2hr             | £95  | 2hr                   | £95  |
| <b>Yoga Therapy (Private)</b>   |                                     |                 |      |                       |      |
| Lisa Kaley-Isley  | Wed 11.00—15.00, Fri 11.15—14.00    | 1hr 30m         | £95  | 1hr                   | £65  |

Please note - 24 hours notice is required to reschedule or cancel an appointment. Prices & times valid from January 2019.

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