

The Life Centre Notting Hill

Therapy Schedule 2019

—yoga for life

		1st Appointment		Follow Up Appointment	
Acupuncture/Herbs					
Dr. Gang Zhu	Tues 13.00–21.00, Wed 13.00–17.00 & Thurs 13.00–21.00	45m	£100	30m	£70
(There may be an additional charge for herbs)					
Aromatherapy Massage					
Karen Clayton	Fri 17.30–21.30	1hr	£85	1hr	£85
	Sun 10.00–14.00	75m	£115	75m	£115
Cranio Sacral Therapy					
Karen Clayton	Fri 17.30–21.30, Sun 10.00–14.00	1hr	£85	1hr	£85
		75m	£115	75m	£115
	Children	45m	£65	45m	£65
Sally Christ	Mon 17.30–21.30, Sun 14.30–18.30	1hr	£80	1hr	£80
Facial Reflexology					
Helen Mead	Fri 13.00–17.00, Sat 10.00–14.00	1hr	£85	1hr	£85
		1hr 30m	£125	1hr 30m	£125
Homeopathy					
Jane Priceman	Wed 17.30–21.30	1hr 30m	£95	45m	£65
	Children (Under 12 years)	1hr	£65	30m	£45
Hypnobirthing for mother and birthing partner					
Helen Craven	Wed 17.30–21.30	Price on request			
Hypnotherapy					
Helen Craven	Wed 17.30–21.30	1hr 20m	£120	1hr 10m	£110
	5 Path (3-5 Sessions)	1hr 20m	£110	1hr 20m	£110
	For Smokers (2 Sessions)	1hr 20m	£260 for both sessions		
Indian Head Massage					
Helen Mead	Fri 13.00–17.00, Sat 10.00–14.00	1hr	£85	1hr	£85
		1hr 30m	£125	1hr 30m	£125
Paul Drinkwater	Fri 13.00–17.00, Sat 14.30–19.30	1hr	£85	30m	£45
				1hr	£85
Manual Lymphatic Drainage					
Paul Drinkwater	Fri 13.00–17.00, Sat 14.30–19.30	1hr	£85	1hr	£85
		1hr 30m	£125	1hr 30m	£125
Mctimoney Chiropractic					
Aarti Shah	Mon 08.00–12.30	1hr	£135	30m	£90
	Children (Under 16 years)	45m	£125	30m	£75
Metamorphic Technique					
Helen Mead	Fri 13.00–17.00, Sat 10.00–14.00	1hr	£90	1hr	£90
	Children (Under 12 years)	30m	£45	30m	£45
Nutritional Therapy					
Helen Mead	Fri 13.00–17.00, Sat 10.00–14.00	1hr	£85	1hr	£85
		1hr 30m	£125	1hr 30m	£125
Osteopathy/Cranial Osteopathy					
Andrew Bryant	Mon 08.30–21.30, Tues 08.30–21.30	45m	£85	45m	£85
	Children	45m	£80	45m	£80
Past Life Regression					
Helen Craven	Wed 17.30–21.30	2hr 20m	£180	2hr 20m	£180
Pregnancy Aromatherapy Massage					
Karen Clayton	Fri 17.30–21.30, Sun 10.00–14.00	1hr	£85	1hr	£85
		75m	£115	75m	£115
Pregnancy Massage					
Helen Craven	Wed 17.30–21.30	1hr	£70	1hr	£70
Karen Clayton	Fri 17.30–21.30, Sun 10.00–14.00	1hr	£85	1hr	£85
		75m	£115	75m	£115
Paul Drinkwater	Fri 13.00–17.00, Sat 14.30–19.30	1hr	£85	1hr	£85
Sally Christ	Mon 17.30–21.30, Sun 14.30–18.30	1hr	£80	1hr	£80
Reflexology					
Helen Mead	Fri 13.00–17.00, Sat 10.00–14.00	1hr	£85	1hr	£85
		1hr 30m	£125	1hr 30m	£125
Sally Christ	Mon 17.30–21.30, Sun 14.30–18.30	1hr	£80	1hr	£80
Reflexology For Pregnancy					
Helen Mead	Fri 13.00–17.00, Sat 10.00–14.00	1hr	£85	1hr	£85
		1hr 30m	£125	1hr 30m	£125
Sally Christ	Mon 17.30–21.30, Sun 14.30–18.30	1hr	£80	1hr	£80
Reiki					
Helen Craven	Wed 17.30–21.30	1hr	£70	1hr	£70
		30m	£40	30m	£40
Helen Mead	Fri 13.00–17.00, Sat 10.00–14.00	1hr	£85	1hr	£85
		1hr 30m	£125	1hr 30m	£125
Rolfing					
Liesl Hinkly	Thu 13.00–21.30 Fri 17.30–21.30	1hr 10 m	£105	1hr 10 m	£105
	Children (Under 10 years)	Up to 1hr	£45	Up to 1hr	£45
	Children (Over 10 years)	1hr 10m	£105	1hr 10m	£105
Lizzie Reumont	Tues 10.00–12.30	1hr 15m	£115	1hr15m	£115
				5 sessions	£500

Rolf Movement		1st Appointment		Follow Up Appointment	
Lizzie Reumont	Tues 10.00—12.30	1hr 15m	£95	1hr 15m	£95
Skilful Touch Bodywork					
Liesl Hinkly	Thu 13.00—21.30 Fri 17.30—21.30	1hr 10m	£105	1hr 10m	£105
Somatic Experiencing					
Liesl Hinkly	Thu 13.00—21.30 Fri 17.30—21.30	1hr 10m	£105	1hr 10m	£105
Sports Massage					
Paul Drinkwater	Fri 13.00—17.00, Sat 14.30—19.30	1hr	£85	30m	£45
		1hr 30m	£125	1hr	£85
Thai Yoga Massage					
Helen Mead	Fri 13.00—17.00, Sat 10.00—14.00	1hr	£85	1hr	£85
		1hr 30m	£125	1hr 30m	£125
Karen Clayton	Fri 17.30—21.30, Sun 10.00—14.00	1hr	£85	1hr	£85
		75m	£115	75m	£115
Paul Drinkwater	Fri 13.00—17.00, Sat 14.30—19.30	1hr 30m	£125	1hr 30m	£125
The Balance Procedure					
Helen Craven	Wed 17.30—21.30	1hr	£100	1hr	£100
Therapeutic Massage					
Helen Craven	Wed 17.30—21.30	1hr	£70	1hr	£70
Karen Clayton	Fri 17.30—21.30, Sun 10.00—14.00	1hr	£85	1hr	£85
		75m	£115	75m	£115
Paul Drinkwater	Fri 13.00—17.00, Sat 14.30—19.30	1hr	£85	30m	£45
		1hr 30m	£125	1hr	£85
				1hr 30m	£125
Sally Christ	Mon 17.30—21.30, Sun 14.30—18.30	1hr	£80	1hr	£80
Tui-Na Massage					
Helen Mead	Fri 13.00—17.00, Sat 10.00—14.00	1hr	£85	1hr	£85
		1hr 30m	£125	1hr 30m	£125
Paul Drinkwater	Fri 13.00—17.00, Sat 14.30—19.30	1hr	£85	30m	£45
		1hr 30m	£125	1hr	£85
				1hr 30m	£125