

## Acupressure Massage & Injury Therapy

Based on the principles of Amma. It incorporates over 100 specific stress release points on the head, neck, shoulders, arms and back.

Ling	1hr	£65	1½hr	£90	m-f
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## Acupuncture

Acupuncture uses fine sterile needles placed at certain "acupuncture points" on the body to adjust the flow of Qi or vital energy flowing just beneath the skin. It aims to rebalance the body's naturally opposite forces of Yin and Yang.

Neil	½hr	£42.00	1hr	£65	1½hr	£90	on call
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## Alexander Technique

A practical method created by F.M. Alexander for developing more awareness and control over our bodies in the activities of everyday life.

Jan	£45	on call
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Peter	£45	on call
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Steve	£65	on call
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## Aromatherapy

Aromatherapy is the use of essential oils, which have been extracted from plants, to heal and balance the mind, body and spirit.

Frank	½hr	£42.00	1hr	£65	1½hr	£90	m/f
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Ling	½hr	£42.00	1hr	£65	1½hr	£90	m-f
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## Counselling

Held in a safe confidential setting which is important to develop a working relationship. For times when you need help to explore your world and identify changes you could make to alleviate any emotional or psychological turmoil.

Claire Eva	1hr	£50	on call
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## Eastern Head Massage

This is a combination of Chinese and Indian traditional techniques on the upper back shoulders, neck, scalp and face using a variety of massage movements.

Ling	¾hr	£54	m-f
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## Holistic Massage

A massage which encompasses all elements of the individual: mind, body and spirit. A wonderfully relaxing and calming experience.

Danielle	½hr	£42.00	1hr	£65	sa
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Marcin	½hr	£42.00	¾hr	£54	1hr	£65	1½hr	£90	m/w/su
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Noriko	1hr	£65	1½hr	£90	on call
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## Hopi Ear Candles

Good for people who work outdoors or whose ears have been exposed to air pollution, sufferers of chronic sinus problems, headaches, sore throat, hearing loss as a result of ears being filled with old wax, children with earaches etc.

Frank	1hr	£65	m/f
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## Indian Head Massage

Indian head massage is a simple, safe and highly beneficial therapy which involves massage to the scalp, face, neck and shoulders soothes, comforts and re-balances energy flow.

Frank	¾hr	£54	m/f
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## La Stone Therapy

La Stone combines water heated basalt lava stones, frozen marble stones, traditional massage, aromatherapy and hot oil treatment to warm, work and invigorate, bringing a total "mind, body & spirit" benefits.

Frank	1½hr	£90	m/f
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## Lava Shell Warming Massage

Uses a gentle heat in porcelain shells in conjunction with your therapist's hands to promote a feeling of relaxation and improve wellbeing. A beautifully pampering warm experience.

B/theapist	½hr	£38.00	1hr	£60	m-su
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## Life Coaching

Life coaching is not counselling and it's not therapy. Life coaching is a practical, forward-looking way to gain clarity on what you don't like and what you can do about it.

Trisha	on call
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## Nutrition

Nutrition is a powerful tool for preventing disease and maintaining optimum health. A nutrition consultation can show you what your current diet is providing in relation to your needs and show you areas for improvement.

Nicole	1hr	£105.00	on call
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## Oriental Massage

Oriental Massage is an element of Chinese traditional medicine, combining the massage and manipulation of muscles and tendons with acupressure techniques.

Ling	1½hr	£90	m-f
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## Physiotherapy

An extensive medical knowledge of the body's structure, function and mechanics is the basis for accurate assessment, diagnosis and 'hands on' treatment of your problem.

Contact Body Balance direct: 01707 284910	m-su
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## Reflexology

Reflexology uses the principle that congestion in any part of the foot is mirrored in a corresponding part of the body. Thus, when the big toes are treated there is a related effect in the head, and treating the whole foot effects the whole body.

Ling	¾hr	£54	1hr	£65	m-f
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## Reiki

A hands on treatment in which the practitioner acts as a channel through which blocked energies may pass from the client, allowing a feeling of softening for the recipient.

Danielle	1hr	£65	sa
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## Remedial / Deep Tissue Massage

Uses a combination of techniques designed to work deeply into the muscles to reach congested areas. The massage also prevents injuries by freeing the muscle fibres, which, due to stress, poor posture and over-use, can become knotted.

Frank	½hr	£42.00	1hr	£65	m/f
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Ling	½hr	£42.00	1hr	£65	1½hr	£90	m-f
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Marcin	½hr	£42.00	¾hr	£54	1hr	£65	1½hr	£90	tu/w/su
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Trina	½hr	£42.00	¾hr	£54	1hr	£65	1½hr	£90	w/th
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## Shiatsu

Shiatsu works by stimulating the body's vital energy flow (known as Ki in Japanese) in order to promote good health. Thumbs, elbows and even knees and feet are used to apply pressure and stretch the energy lines, known as "meridians".

Noriko	½hr	£42.00	1hr	£65	1½hr	£90	on call
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## Sports Massage

The manipulation of soft and deep tissues of the body, especially concentrating on muscles, tendons and fascia. Deep tissue manipulation will help promote comfort relaxation and healing

Emma	½hr	£42.00	¾hr	£54	1hr	£65	1½hr	£90	m/th/sa
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Frank	½hr	£42.00	¾hr	£54	1hr	£65	m/f
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Ling	½hr	£42.00	1hr	£65	m-f
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Marcin	½hr	£42.00	¾hr	£54	1hr	£65	tu/w/su
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Trina	½hr	£42.00	¾hr	£54	1hr	£65	1½hr	£90	w/th
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## Thai Massage

Thai Massage is an ancient healing system combining the disciplines of traditional Oriental medicine with modern scientific knowledge.

Noriko	1hr	£65	on call
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## Tui Na, Qi Gong & Phoenix Rejuvenating Facial

Meditative postures and gentle movements cultivate the flow of Qi to facilitate the body's own self healing. Good for all conditions, this powerful system will help reduce stress, improve vitality and harmony.

Ling	tui na only	1hr	£60	on call
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Neil	¾hr	£45	1hr	£55	1½hr	£75	on call
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## HOLISTIC THERAPY



### Treatment Guidelines

If you are engaging in any strenuous physical activity please ensure that you shower before arriving for your massage.

### Cancellation Policy

We require a minimum of 24 hours' notice for cancellations to avoid 50% of the treatment being charged. For less than 12 hours' notice, the full session will be charged.

If you arrive late for your appointment, we reserve the right to shorten your treatment time if necessary. The full charge will still be applicable.

Non-members are welcome to use the Day Spa, however all treatments must be pre-paid for at the time of booking.

### Muswell Hill

Monday to Friday 9:00am – 9:00pm  
Saturday & Sunday 10:00am – 6:00pm  
The Avenue Muswell Hill N10 2QE

CALL 020 8482 4000

### Mill Hill

Monday to Friday 9:00am – 9:00pm  
Saturday & Sunday 10:00am – 6:00pm  
1a Hall Lane Hendon NW4 4TJ

CALL 020 8457 3311

[www.labspa.co.uk](http://www.labspa.co.uk)

## Holistic Therapy

The ethos of The Laboratory has always been strongly rooted in an alternative approach to healing & relaxation and this is reflected in our extensive Holistic Day Spa Menu. Alongside more conventional therapies such as Sports Massage & Physiotherapy we also offer treatments such as Tui Na, Accupuncture, Energy Healing & Yoga Therapy.

Here at The Laboratory we believe that to create a treatment that will leave the client in a state of deep relaxation and with a sense of wellbeing the mind and body should be treated as one. All of our holistic treatments are carried out by qualified, experienced therapists who will be happy to help you decide which treatment may be more appropriate for your particular needs.....



## Spa Days

Enjoy a day at The Laboratory Spa & Health Club in the peaceful surroundings of The Day Spa. Your Spa Day can be tailor made to suit your individual needs...

### Spa Day Escape 110.00

Allows full use of the club's facilities, including the gym, group fitness classes, mind/body classes, wet facilities relaxation room (Muswell Hill only) A light lunch from our juice bar and light refreshments are also included.

### Spa Day Retreat 147.00

As a Spa Day but with the added extra of a one hour relaxing full body massage

### Pregnancy Pamper Day 178.00

This more invigorating day begins with a fitness assessment with a fully- qualified gym instructor, who will then design a short programme tailored to your aims level of fitness. After an invigorating workout, relax over a light nutritious lunch. This is followed by a warming ESPA fitness massage to soothe tired muscles revitalise the body promoting a feeling of well-being. The package includes the appropriate ESPA bath oil so that you can continue the relaxation at home with a long relaxing soak!

### Revitalise & Energise 178.00

This more invigorating day begins with a fitness assessment with a fully- qualified gym instructor, who will then design a short programme tailored to your aims level of fitness. After an invigorating workout, relax over a light nutritious lunch. This is followed by a warming ESPA fitness massage to soothe tired muscles revitalise the body promoting a feeling of well-being. The package includes the appropriate ESPA bath oil so that you can continue the relaxation at home with a long relaxing soak!

### Bridal Spa Day 230.00

ESPA Desensitiser Facial, ESPA Hand Foot Treatment, Relaxing Back, Neck Shoulder Massage - Not wanting to forget the Groom, this package is created with relaxation in mind. Allows full use of the club's facilities, including the gym, group fitness classes, mind/body classes, wet facilities relaxation room. A light lunch and tea or coffee is also included.

### Groom's Spa Day 230.00

The groom needs pampering too! - As a Spa Day but also including a men's personalised ESPA facial, a Hand .foot treat a relaxing back, neck shoulder massage.

### Stress Recovery Day 250..00

As a Spa Day but with the added extra of a personalised ESPA facial, A Nourishing Hand .nail treat an ESPA stress reliever ritual which combines a body wrap massage using soothing oils to restore equilibrium, peace of mind bring deep relaxation to the body spirit.