

MASSAGE

PRICES



M O K O
PHYSIOTHERAPY

Become a
Massage
Member
for great savings
See separate flyer
for details

Whether you're looking for massage to help with injury and recovery, or to unwind and de-stress, we have a range of treatments to suit all needs and lifestyles.

SPORTS MASSAGE

A deeper tissue massage, using firmer pressure and techniques involving the elbows and forearms. This may be for a specific injury, pre- or post-event, or complimentary to training and exercise.

60 mins	£52
45 mins	£47
30 mins	£37
40 mins (with a Physiotherapist)	£65

THERAPEUTIC MASSAGE

Ideal for those wanting to de-stress, unwind, and enjoy a more relaxing experience. The pressure is tailored to the individual – it can be gentle, such as Swedish techniques, or firmer pressure can be used.

90 mins	£75
60 mins	£52
45 mins	£47
30 mins	£37
40 mins (with a Physiotherapist)	£65

Memberships available, see reverse for details.
Gift cards available for all of our massage treatments and services.