

PREGNANCY MASSAGE



Gift Vouchers available for all treatments
Call, email or pop in to purchase

Our pregnancy massage treatments are carefully designed to support you in and around your pre and postnatal journey.

PREGNANCY OR PRENATAL MASSAGE

Pregnancy or Prenatal Massage is a therapeutic treatment for expectant mums. Gentle, soothing techniques are used to alleviate pregnancy-related discomfort, reduce muscle tension and promote relaxation. With a focus on safety and comfort, this nurturing treatment aims to enhance overall well-being and create a serene environment for both mum and baby.

90 mins	£85
60 mins	£60

Available from after your dating scan (approx. 12 weeks gestation)

POSTNATAL MASSAGE & RECOVERY

Postnatal Massage is offered to support new mums from 6 weeks post birth. Swedish massage techniques are used to relieve tension around the back and shoulder area, which is common during feeding, lifting and holding your baby. Can also help speed up healing from a natural, assisted or c-section birth.

60 mins	£60
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Available after sign off from your midwife and health team visitor (usually around 6 weeks post birth)

See reverse for details on how to book

MASSAGE MEMBERSHIP

Become a member to book massages in advance, securing your preferred days and times on a regular basis.

Receive discounted rates to reward your commitment to health long term.

PRICES

Weekly Massage £48 per week
Saves £7 per massage

2 per Month Massage £99 per month
Saves £5.50 per massage (£49.50 per massage)

Monthly Massage £52 per month
Saves £3 per massage

Monthly Massage with a Physiotherapist (40 mins) £63 per month
Saves £4 per massage

To join our membership, please call us or pop in

To book a massage, simply scan the QR code or visit our website



BOOK ONLINE

mokophysiotherapy.co.uk

01332 501098

info@mokophysiotherapy.co.uk

Unit 3-4 Mickleover Retail Corner | Uttoxeter Road | Mickleover | Derby | DE3 0GQ

M O K O
PHYSIOTHERAPY

Members also benefit from exclusive offers including 50% off our in-house workshops

- Sports
- Therapeutic
- Luxe
- Specialist
- Pregnancy



Become a Massage Member for great savings
See reverse for details

M O K O
PHYSIOTHERAPY

PHYSIOTHERAPY | REHAB | MASSAGE | CLASSES | WORKSHOPS

SPORTS & THERAPEUTIC



Become a Massage Member for great savings
See reverse 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	£57
45 mins	£50
30 mins	£40
40 mins with a Physiotherapist	£67

THERAPEUTIC MASSAGE

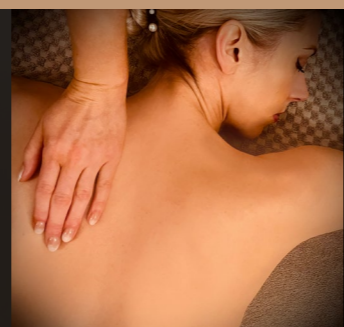
Ideal for those wanting to de-stress, unwind, and enjoy a more relaxing experience. The pressure is tailored to the individual – it can be gentle, such as Swedish techniques, or firmer pressure can be used.

90 mins	£80
60 mins	£57
45 mins	£50
30 mins	£40
40 mins with a Physiotherapist	£67

Massage Membership is only available on our Sports and Therapeutic massage services, see reverse for details

LUXE TREATMENTS

Indulge yourself

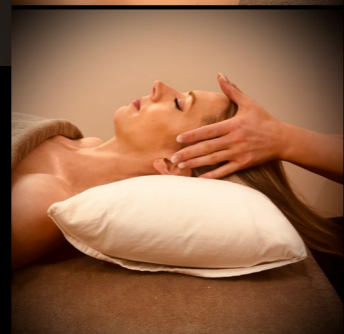


Moko's range of luxury treatments, to leave you feeling truly pampered.

AROMATHERAPY MASSAGE

Indulge your senses and rejuvenate your body. This blissful therapeutic massage uses luxurious massage mediums including essential oils such as lemon and grapefruit or chamomile and geranium, which not only smell incredible but will also instil a sense of calm and pure relaxation.

80 mins	£130
40 mins	£67



INDIAN HEAD MASSAGE

This holistic treatment can help ease tension from your head, neck, upper back and arms and promote relaxation. Various techniques are used to stimulate pressure points to revitalise your body and mind. It is traditionally carried out in a seated position, although you can opt to lie flat if preferred.

80 mins	£130
40 mins	£67



HOT STONE MASSAGE

During this heavenly treatment, Basalt stones are warmed through and used to massage the body, promoting calm and relaxation. Swedish massage techniques are used, with a pressure tailored to you. For the ultimate treat, you can also opt for aromatherapy oils.

80 mins*	£140
80 mins	£130
40 mins*	£72
40 mins	£67

*With aromatherapy oils

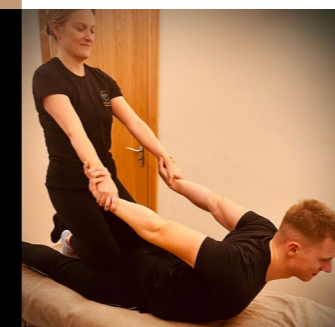


KAESO FACIAL & HEAD MASSAGE

This deeply calming but energising head and facial massage uses luxurious Kaeso massage mediums to stimulate circulation, lifting the facial, head and neck muscles. You'll be left feeling revived and refreshed. Please remove make-up prior to your appointment.

60 mins	£74
45 mins	£67
30 mins	£56

SPECIALIST MASSAGE



Our expert therapists provide bespoke treatments to meet your unique needs.

STRETCH & RESTORE

Stretch & Restore is a fully clothed treatment carried out on the massage couch using sustained pressure. It'll leave you feeling lighter, taller and more energised. Similar to Thai Massage techniques, the therapist will use their body weight on the couch to aid your stretches.

60 mins	£60
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LYMPHATIC DRAINAGE MASSAGE

Lymphatic drainage is a gentle therapeutic massage technique designed to stimulate the flow of lymph fluid towards the heart. It's designed to help with swelling and can be used for conditions such as Lymphedema, post-surgery swelling and fluid retention.

60 mins	£60
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MYOFASCIAL RELEASE

This advanced treatment uses slow, sustained techniques to target the fascia. Performed through clothing without oils, this treatment helps to reduce pain, improve mobility, and calm the nervous system. Perfect for individuals who are highly stressed and busy - this treatment provides relaxation and stress relief.

60 mins	£60
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