**Info for Website**

**What’s on at the health place**

**Tuesday**

Zen Pilates 6:30-7:30 (weekly, booking essential) £6

**Wednesday**

**Barre Balance**

Every Wednesday 6:16pm & 7:30pm​

& Friday 6:15pm

The Health Place

Blackburne House

Falkner Street

L8 7PE

**Thursday**

**Pregnancy Yoga**

5:45 or 7:15pm (6 week course)

-Contact for next course start dates, prices and booking details-

**Treatments and Therapies.**

Have attached latest treatment menu to be added in a different layout, perhaps just a list would be easier to read on website

\*Discounts may apply

Zone Face Lift (80mins) - £75

Full Facial Reflexology (60mins) - £39

Bergman Facial Reflexology (30mins) - £30

Holistic Facial (30mins) - £25

Full Body Scrub (45mins) - £25

Full Body Massage (60mins) - £40

Back, neck & Shoulder Massage (30mins) - £25

Pregnancy Massage (75mins) - £40

Traditional Reflexology (60mins) - £35

Reflexology, Lymphatic Drainage, Fertility Reflexology (45mins) - £35

**Spa Packages and Group Bookings**

This section is currently empty. Here’s information on the ongoing offers and packages to add, I have also attached some flyers I have used

**Spa Parties**

*‘Birthday Party, Hen Party or a relaxing day with the girls’*

It’s the perfect opportunity to catch up, unwind and truly relax. Our expert therapists and the beautiful surroundings of this Grade 2 listed building make The Health Place the ideal choice for your pamper day.

Design your experience by choosing 2 (30min) treatments per guest:

* Aroma Massage
* Hot Stones
* Scalp/neck/shoulder massage
* Reflexology with foot soak
* Express Facial

Lunch from our award winning Bistro, refreshments and use of robes and slippers included.

We welcome groups of 4-8.

£50 per guest Tues-Fri. £5 supplement pp for Saturday’s

**Feel Good Fridays**

All for Just £55 per person\*

\*Available on Fridays only

Feel Good Friday Package includes:

Full Body Massage (60min)

Facial or Pedicure (30min)

Lunch/Refreshments

Use of Robes and Slippers

**Twilight Treatments**

Enjoy a 30min treatment in The Health Place and glass of Prosecco for £30 each or £50 for 2.

Choose from Back, Neck, Shoulder Massage or

Express Facial with Scalp Massage

Between 4-7pm Thurs and Fri

Afterwards you can enjoy a two course meal in the Bistro for just £10

**Ten Pound Tuesdays**

The following treatments are on offer for just £10 every Tuesday

\*Minimum two treatments per person

-Stress Melting Warm Oil Scalp Massage

-Rejuvenating Foot and Leg Massage

-Mini Facial

*\*All treatments 20min each*