

Perceptive Movement Price List:

<b>Stress Release with Binita:</b>		
<p><b>Kinesiology Discovery Session - Initial Consultation</b></p> <p>This session allows you to learn more about this approach, ask questions and address any concerns.</p> <p>Subsequent sessions are mostly 90 minutes long unless it is a basic posture balance, where 45 minutes may be sufficient.</p> <p>A 42muscle balance with some deeper work can take up to 90 minutes.</p>	<p>45 mins</p>	<p>£55</p>
<p><b>Body Balance:</b></p> <p>A bilateral 14 plus muscle balance to centre your bones and muscles, this kinesiology balance focuses on the day to day stresses that we hold in our bodies and targets postural improvements plus pain relief.</p>	<p>45 mins</p> <p>90 mins</p>	<p>£ 55</p> <p>£110</p>
<p><b>Holistic Balance:</b></p> <p>For releasing deeper stress patterns whilst improving sleep &amp; vitality, this kinesiology balance works at the body, brain, mind, soul level.</p> <p>I may use flower essences, nutrition and homeopathy as appropriate.</p> <p>This holistic balance seeks to address imbalances at all levels which stop us from developing our full potential, be it for:</p> <ul style="list-style-type: none"> <li>• Creating optimum health</li> <li>• Maintaining and promoting health and vitality</li> <li>• Personal, Professional and Spiritual growth</li> </ul>	<p>45 mins</p> <p>90 mins</p>	<p>£ 55</p> <p>£110</p>
<p><b>Deep Relaxation can be added to any balance:</b></p> <p>Helps reset the nervous system with a whole body roll out massage (fully clothed) with appropriate stretches to assist the body back into alignment.</p>	<p>45 mins</p>	<p>£55</p>

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<b>Sports Massage with Binita:</b>		
<p><b>Initial Consultation</b>                      Case history plus injury and posture assessment                      Subsequent sessions can be 30 minutes long or 60 minutes if preferred</p>	45 mins	£55
<p>Improve muscle function, flexibility &amp; range of movement with sports massage.                      You do not need to be an athlete to benefit from a sports massage.  <i>Create your own session by adding one or more from the list below</i></p>	30 mins 60 mins	£40 £75
<p><b>Head and Shoulder Massage:</b>                      This traditional massage is ideal for stress related stiffness in muscles, indigestion, hair loss, eye strain, headaches &amp; mental exhaustion.                      It is effective in improving blood circulation to the head, neck &amp; jaw region.</p>	30 mins 60 mins	£40 £75
<p><b>Shoulder Release:</b> Shoulder, neck, upper back and arms.</p>	30 mins	£40
<p><b>Hand Wrist Release:</b> Fingers, joints and wrists.</p>	30 mins	£40
<p><b>Foot release:</b> Foot, ankle, calf and knee.</p>	30 mins	£40