

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	<i>tu/th/f</i>
Roberto	½hr	£42.00	1hr	£65			

Chiropractic Therapy

A drugless & non-surgical approach that treats the causes of aches, pains, strains & injuries rather than symptoms, using short levers in a precise adjustment of the individual vertebrae.

Julian	½hr	£48.50	1hr	£70			<i>on call</i>
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Craniosacral Therapy

A hands on but non-invasive therapy, to assist the body's natural capacity for self-repair. The therapist will use their hands to listen to the body's internal rhythms and help to stimulate it's self healing mechanisms.

Dianne			1hr	£65			<i>on call</i>
Laura	½hr	£42.00	1hr	£65	1½hr	£90	<i>tufri/sa/su</i>

Ear Candling

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.

Laura			1hr	£65			<i>f/sa/alt. su/on call</i>
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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.

Inka	½hr	£45.00	1hr	£70	1½hr	£97	<i>m/f/su/on call</i>		
Jo	½hr	£45.00	¾hr	£59	1hr	£70	1½hr	£97	<i>m/w/on call</i>
Julian	½hr	£48.00	1hr	£70			<i>on call</i>		
Laura	½hr	£45.00	¾hr	£59	1hr	£70	1½hr	£97	<i>tujth/f/sa/on call</i>
Mario			1hr	£70	1½hr	£100	<i>on call</i>		
Roberto	½hr	£45.00	¾hr	£59	1hr	£70	1½hr	£97	<i>tujth/f/sa/su/on call</i>
Romina	½hr	£45.00	¾hr	£59	1hr	£70	1½hr	£97	<i>m/tu/w/th/sa/on call</i>

Hot Stone Therapy

Uses water heated basalt lava stones, frozen marble stones, massage, aromatherapy and hot oil to warm, work and invigorate the body, resulting in total "mind, body & spirit" benefits.

Inka					1½hr	£95	<i>m/f/su/on call</i>
Jo					1½hr	£95	<i>m/w/on call</i>
Laura					1½hr	£95	<i>f/sa/alt. su/on call</i>

Hypnotherapy

A relaxed yet focused state of mind where the creative feeling part of you is drawn on to help resolve emotional, behavioral or psychological problems obstructing everyday life.

Lowri			1hr	£114			<i>on call</i>
Shirley			1hr	£65			<i>on call</i>

Indian Head Massage

This highly beneficial therapy has been popular throughout the Indian sub-continent for over a 1000 years. Massage to the scalp, face, neck and shoulders soothes, comforts and re-balances energy flow.

Beata	½hr	£45.00	1hr	£70			<i>on call</i>
Inka	½hr	£45.00	¾hr	£59	1hr	£70	<i>m/f/su</i>
Jo	½hr	£45.00	¾hr	£59	1hr	£70	<i>m/w/on call</i>
Laura	½hr	£45.00	¾hr	£59	1hr	£70	<i>tujth/f/sa/on call</i>
Romina	½hr	£45.00	¾hr	£59	1hr	£70	<i>m/tu/w/th/sa/on call</i>

Innovative Facial Rejuvenation

Facial Accupuncture which stimulates the blood flow and production of collagen, helping to reduce wrinkles and tone facial muscles

Roberto			1hr	£75	1½hr	£100	<i>m</i>
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Lymphatic Massage

A gentle facial or body treatment to help reduce inflammation, promote wound healing, aid sinus problems & encourage the drainage of excess fluid & toxins.

Laura	½hr	£45.00	1hr	£70	1½hr	£97	<i>tujw/th/sa/on call</i>
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Meditation & Reiki

Guided skills using breath, visualization & awareness of inner energy, designed to quiet & settle the mind. Reiki is channeled through the palms & works as an invisible energy. Relieves stress & tension and promote inner peace & well-being.

Shelley			1hr	£65	1½hr		<i>on call</i>
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Naturopathy

Naturopathy or Nature's Cure aims to promote and restore health by using various treatment approaches such as Naturopathic Nutrition, Iridology, Lifestyle advice, Hydrotherapy, Massages, Vitamin & Mineral Supplementation and Flower Remedies.

Jo							Consultation - £120 / Follow-up £45	<i>on call</i>
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Neuro-linguistic Programming (nlp)

Understanding why we have fears helps us to address them. As they may not go away on their own we have to take action ourselves! The tools and techniques you will learn in a NLP session will enable you to make dramatic changes in your life.

Shirley			1hr	£65			<i>on call</i>
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Nutrition

A nutrition consultation can show you what your current diet is providing in relation to your needs and show you areas for improvement.

Lowri			1hr	£114			<i>on call</i>
Nicole			1hr	£144			<i>on call</i>

Orthopaedic Acupuncture / Specialised Massage

Blending classical Chinese medicine with structural & myofascial techniques for treatment of chronic/acute pain, soft-tissues injuries, postural imbalances & other general disorders. Combined with suitable massage techniques for optimum effect.

Roberto			1hr	£65	1½hr	£90	<i>m/tu/th/f/sa/su</i>
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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.

Body Balanist Appt 3/4hr	-	£65	/1/2hr	£47	/¾hr	£70.50	1hr	£9	<i>m/tu/th/f</i>
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Pregnancy Massage

pregnancy specific massage can help to soothe and calm, helping to alleviate some of the many aches and pains that often accompany pregnancy. PLEASE NOTE - ONLY AVAILABLE AFTER 1ST TRIMESTER.

Inka	½hr	£48.50	1hr	£70	1½hr	£97	<i>m/f/su/on call</i>
Jo	½hr	£48.50	1hr	£70	1½hr	£97	<i>m/w/on call</i>
Laura	½hr	£48.50	1hr	£70	1½hr	£97	<i>tujth/f/sa/on call</i>
Roberto			1hr	£70			<i>tujth/fr/sa/su/on call</i>

Reflexology

Reflexology uses the principle that congestion in any part of the foot is mirrored in a corresponding part of the body. Treating the whole foot effects the whole body.

Beata			1hr	£65			<i>on call</i>
Jo			1hr	£65			<i>m/w/on call</i>
Romina			1hr	£65			<i>m/w/th/sa/on call</i>

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.

Inka	½hr	£45.00	¾hr	£59	1hr	£70	1½hr	£90	<i>m/f/su/on call</i>
Jo	½hr	£45.00	¾hr	£59	1hr	£70	1½hr	£90	<i>m/w/on call</i>
Laura	½hr	£45.00	¾hr	£59	1hr	£70	1½hr	£90	<i>tujth/f/sa/on call</i>
Roberto	½hr	£45.00	¾hr	£59	1hr	£70	1½hr	£90	<i>m/tu/th/f/sa/su</i>
Tanya	½hr	£45.00	¾hr	£59	1hr	£70			<i>tuj w/on call</i>

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.

Julian	½hr	£45.00	¾hr	£59	1hr	£70			<i>on call</i>
Roberto	½hr	£45.00	¾hr	£59	1hr	£70	1½hr	£97	<i>m/tu/th/f/sa/su</i>
Tanya	½hr	£45.00	¾hr	£59	1hr	£70			<i>tuj w/on call</i>

Thai Yoga Massage

An ancient healing treatment which combines gentle stretching, applied Yoga and acupressure. The therapist uses hands, feet and elbows to apply pressure to important points on the body.

Inka			1hr	£70	1½hr	£97	<i>m/fr/su/on call</i>
Mario			1hr	£70	1½hr	£100	<i>on call</i>
Neil			1hr	£70	1½hr	£97	<i>tu/th/f</i>

Therapeutic Massage

A stimulating treatment designed to reach the deep portions of muscles using compression, friction and deep finger pressure along the grain of the muscle in order to release toxins and tension.

Romina	½hr	£45.00	¾hr	£59	1hr	£70	<i>m/w/th/sa/on call</i>
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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 harmonise mind, body and spirit.

Neil	½hr	£42.00	1hr	£65			<i>tu/th/f</i>
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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

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 clubs facilities, including The Gym, Group Fitness, Mind/Body Studios and the Wet Facilities. A light lunch and tea or coffee is also included.

Spa Day Retreat **147.00**

Same as Spa Day I with a 1 hour Swedish Body Massage included.

Pregnancy Pamper Day **188.00**

Same as Spa Day I with a Guinot Pregnancy Pamper Treatment

Revitalise & Energise **178.00**

This invigorating day begins with a fitness assessment with a fully-qualified gym instructor, who will then design a programme tailored to your aims and level of fitness. After an invigorating workout, relax over a light nutritious lunch. This is followed by a warming ESPA Sport Fitness Massage to soothe tired muscles and revitalise the body promoting a feeling of positive well-being. The package includes the appropriate ESPA Bath or Body oil (50ml) to continue using at home included.

Bridal Spa Day **230.00**

ESPA Skin Brightner Facial, Manicure .Pedicure, Relaxing Back, Neck Shoulder Massage - Take a day off from wedding planning to treat yourself to the perfect day of pre-wedding relaxation. 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**

ESPA Men's Intensive Facial Treatment, 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 mind/body classes, wet facilities relaxation room. A light lunch and tea or coffee is also included.

Stress Recovery Day **250.00**

Begin the day with full use of the facilities followed by an E'spa Holistic Aromatherapy Total Bodycare treatment to soothe away all tension and stress and to start the re-balancing process. Next, a light lunch break to give yourself time to pause before enjoying a rejuvenating E'spa Aromatherapy Facial designed to hydrate and nourish the face and scalp. Finish the day with a Deluxe Manicure.