



Price List

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| Initial Assessment and Treatment 60 Mins | £70 |
| Soft Tissue Therapy 50 Mins | £60 |
| Soft Tissue Therapy 40 Mins | £55 |
| Soft Tissue Therapy 30 Mins | £45 |

Concessions and bundles are available please ask. Veterans/MOD/Blue Light/Seniors/Students/Clubs/Elite Athletes in training.

Soft Tissue Therapy is the applied science and art of helping an individual to move to their natural greatest potential and improve health and wellbeing. We work independently to assess, treat and hypothesise to offer remedial advice for people suffering a wide range of minor and chronic injuries caused by lifestyle factor. As well as treating the injury, we aim to identify the underlying causes to offer long-term improvements in physical, mental and spiritual wellbeing.



Can we do it cheaper? No. Why? The cost of living has gone crazy. We have **reduced times** instead of **increasing prices** allowing us to complete notes and clean. We can take a look at some factors and what you are getting. A sports massage or any hands on treatment if you get it for £55ph or less then you are doing well. For top end you are looking at £75-110 ph. Similar to a hotel spa massage therapist who will not have completed so many hours of CPD or hold a clinical qualification of which they earn approx 15-25% of this fee. As soft tissue therapists we are interested more about pain free movement of the muscular skeletal system and injury fix specialists rather than pure massage therapy of which we can also apply.



Prices

| | | |
|--------------------------------|------|--------------------------|
| 60-minute appointment | £101 | Book Now |
| 6-session pack (8% discount) | £570 | Book Now |
| 10-session pack (10% discount) | £910 | Book Now |

Direct Debit We offer the option of packs in instalment and 20% off direct debit.

| MASSAGE, & OTHER THERAPIES | | | |
|---------------------------------------|---------|--------|--|
| 90 mins Massage (Sports, Deep Tissue) | £120.00 | 90mins | More info Select |
| FIRST Massage (Deep Tissue) | £70.00 | 60mins | More info Select |
| Massage Infrared Cupping | £100.00 | 60mins | More info Select |
| Prehabilitation | £100.00 | 60mins | More info Select |

These are examples from Gloucester and London

Overheads. At TLSSMART we spend out more on each client as we are aiming to give you a premium service for less. Rent/tax/consumables (cream/tapes/balms/replacements/tools/stationary)/washing/training/IT/expenses/insurance/memberships/staff/marketing the overheads list goes on. It works out at 70% of the profit margin. For every session it translates to approx £12.50 depending how many we see and how long the session is and a few other variables. Per person, give or take, after 30% for Tax and NI it is about £9 give or take. When you think we make a lot, we really don't! We try to remain flexible and affordable as we can help. It is about vocation. Putting this into perspective this hopefully makes sense. Over the years my training in total amounts to approx £60,000. A law student would payout £48,000-£80,000 for their training then CPD yearly but they charge a lot more. The moral of the story, if you want to be rich go for the law degree!