

ESPH Harley Street fees - from August 2017

TREATMENTS

Physiotherapy	Initial Assessment 45	£ 95
	Consultation 30	£ 69
Massage (ALL PRICES REDUCED)	Massage 30	£ 45
	Massage 45	£ 65
	Massage 60	£ 79
Diet & Nutrition	Nutritional Therapy Assessment 60	£ 99
	Nutritional Therapy follow-up 45	£ 79
Health & Fitness Tests	Fitness Test (VO2 Max, Strength, Body composition)	£ 109
	VO2 Max Test	£ 89
	Resting metabolic rate (RMR)	£ 89
	Body composition	£ 29

PILATES

Pilates Induction (screening plus 3 x Pilates 45)		£ 199
Personal Pilates 30	Single session	£ 45
	10 sessions	£ 405
Personal Pilates 45	Single session	£ 65
	10 sessions	£ 585
Personal Pilates 60	Single session	£ 85
	10 sessions	£ 765
Couples/Buddy Pilates 30	Single session	£ 59
	10 sessions	£ 530
Couples/Buddy Pilates 60	Single session	£ 99
	10 sessions	£ 899

PERSONAL TRAINING

Personal training	Single session	£ 85
	10 sessions	£ 765
Couples/Buddy PT	Single session	£ 99
	10 sessions	£ 899

10 session/classes booklets are available at a discount of approximately 10%

Some additional service options available - please ask for details