

wellness



looking after
your health
and wellbeing

BRADFIELD COLLEGE SPORTS COMPLEX





At Bradfield College Sports Complex we invite you to relax in our beautiful surroundings and newly refurbished Wellness Room.

Looking after your Wellness has never been more important and we offer various ways to help you achieve this. Alongside our Wellness Room, we have an extensive range of Fitness Classes, Swimming Pool, Gym available for use as a member or non-member.

Our Wellness Room plays host to our therapists offering Beauty Therapy, Reflexology and Physiotherapy offering a variety of treatments to cure ailments and for general pampering.

To book a treatment contact the Therapists direct on the numbers below or for more information about Wellness activities, contact the Sports Complex Reception on the following:

**Reception on 0118 964 4600
or email: frontdesk@bradfieldcollege.org.uk**

Beauty and Massage Therapist, Rachel Clark - 0793 1624207

Physiotherapist, Linda Green - 01635 200549

Reflexologist, Angela Mitchell - 0790 9992348



Beauty Therapy



Massage

Swedish Massage	1 hour: £35 30 minutes: £25
A relaxing treatment that relieves tension from tired achy muscles, reduces stress and aids lymphatic drainage amongst many more benefits.	
Deep Tissue Massage	1 hour 30 minutes: £70 1 hour: £55 30 minutes: £30
Applying firm pressure and slow strokes to reach deeper layers of Muscle and Fascia. This treatment is especially helpful for chronically tense and contracted areas.	
Hot Stone Massage	1 hour: £55 30 minutes: £30
Experience massage with the use of heated Basalt Stones. The heat from the Stones works its way into tired and stressed muscles, bringing deep relaxation. A holistic treatment for the Mind, Body and Soul.	
Indian Head Massage	30 minutes: £25
Relieves tension, stimulates the scalp, reduces stress, eases headaches and eye strain, relaxes neck and shoulder muscles. This is a holistic treatment for the Mind, Body and Soul.	
Myofascial Release Therapy	1 hour 30 minutes: £55 1 hour: £35
A gentle and effective therapy that targets long standing physical and emotional pain through your body's Fascial system. A slow gradual pressure is used allowing the clients body tissue to recognise the therapist touch without force, releasing physical restrictions and the body's unconscious holding and bracing patterns.	
Reiki Healing	50 Minutes - £40
Reiki is Japanese for 'universal life force', it is a system of natural healing and works by channelling positive energy into your body. You will remain fully clothed throughout the treatment and I will place and move my hands in a variety of different (non-invasive) positions over your body. Reiki Healing and Chakra Balancing	

Eye Treatments * A patch test is required at least 48 hours prior to these treatments.

Lash Lift and Tint*	£45
Darker, longer, and fuller looking beautifully lifted lashes eliminating the need for mascara.	
Eyelash Tint*	£15
Your own lashes, just with a little tint to get them noticed!	
Eyebrow Tint*	£12
Enhance the look of your natural brows with the use of tint.	
Lash and Brow Tint*	£25
Brows and Lashes tinted in one appointment.	
Express Facial	30 Minute treatment using Dermalogica Products: £25
With our busy and stressful lives, plus air pollutions getting worse, we don't always give our skin the care it deserves. Give your Skin the pick me up it needs with a relaxing Facial. Includes Cleansing, Exfoliation, Face Mask, Massage, Toning and Moisturising.	

Waxing

A quick and effective way to remove hair from the root using warm wax, resulting in longer lasting hair removal.

Full leg	£20	Underarm	£7
Half leg	£16	Forearm	£10
Bikini line	£16	Eyebrow	£12
Underarm	£7	Lip	£7

Male Waxing

Chest	£15	Back	£20
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Hands and Feet

Pedicure	£25
Includes Nail and Cuticle care, lower Leg and Foot Massage and Polish. An additional £5 if you would like to upgrade to Shellac Polish.	
CND Shellac (Includes Nail file/tydy and Polish. Using a UV light to cure the polish.)	Hands or Feet- £25
Removal of Shellac: £5 or FREE if having another Shellac polish applied.	

Reflexology

What is Reflexology?

Reflexology is the art and science of bringing balance to the body by stimulating the therapeutic reflexes in the extremities.

All treatments include a free 20-30-minute consultation before treatment.



<p>Reflexology is most effective for balancing hormones, regulating organ and gland function, relieving chronic pain, and promoting deep relaxation.</p>	<p>Standard Foot Reflexology Foot Reflexology (30 mins) £35 Foot Reflexology (60 mins) £50</p>
<p>Reflexology Lymph Drainage</p>	<p>RLD Reflexology Lymph Drainage (60 mins) £50</p>
<p>This treatment stimulates the lymphatic reflexes on the feet and is beneficial for many conditions, especially Lymphoedema, defined as tissue swelling due to the failure of lymph drainage. Lymphatic drainage massage (MLD) and RLD is used to treat conditions other than lymphoedema, and may be useful with many auto immune diseases including, Arthritis, Asthma, Eczema, Chronic, Fatigue, Fibromyalgia, ME, Sinus problems, Migraines, Headaches, Muscular tension. Aches and pains, Premenstrual Syndrome.</p>	
<p>Facial Reflexology Treatments</p>	<p>Standard Facial Reflexology (60 mins) £55</p>
<p>Facial reflexology provides all the benefits of reflexology and is perfect for anyone looking to restore balance who dislike their feet being touched. It applies pressure to reflex points of the face using Bergman method facial reflexology. Facial reflexology works extremely well for anyone who suffers from migraines, facial tension, insomnia and more.</p>	
<p>Zone Face Lift The Zone Face lift uses a combination of Bergman method facial reflexology pressure point massage, along with Japanese facial techniques that lift contours of the face and soften lines. For optimal results a course of 12 weekly treatments is recommended, many client's report noticing a big difference after 4 or 5 treatments, although everyone can feel and see the benefit after the first treatment.</p>	<p>Zone Face Lift (90 mins) £65 Zone Face Lift Course of 3 (90 mins) £175.50 Zone Face Lift Course of 6 (90 mins) £331.50 Zone Face Lift Course of 12 (90 mins) £624.00 <i>Receive a jade Gua Sha tool for free (excludes roller), when you sign up for a course of 3, 6 or 12.</i> OR To compliment Zone Face Lift daily you can purchase The Facial Elixir at £75, plus Rose Quartz Gua Sha tool & Roller Set for £16 for daily use at home morning and evening.</p>

Aroma Reflexology	Foot Reflexology (60 mins) £55
<p>This treatment combines the power of essential oils to your reflexology treatment and includes the option of 12 oils to support the body with physical and emotional conditions. An Aroma Reflex therapist does not diagnose or treat specific health conditions. The blends are used to deeply relax, revive and rebalance the mind and body.</p>	
Children's reflexology & Indian Head Massage	Children's reflexology or Indian head massage 30 mins £25
<p>Reflexology is particularly effective in improving sleep, reducing irritability and improving mood and general well-being. The tiniest baby can benefit from a 5-minute session to help settle them or a 30-minute session will be more suitable for a young adolescent dealing with changing hormone levels through to a full 60-minute treatment for a 16-year-old with anxiety about their upcoming exams. Parent or guardian must be present for any child under the age of 16</p>	
Indian Head Massage	Indian Head Massage 30 mins £35
<p>Indian Head Massage is a specialised massage technique that works on pressure points to stimulate the movement of blood, lymph and oxygen in the upper body. The treatment concentrates on areas most vulnerable to tension including the scalp, face, upper back, neck and shoulders, all areas that are strained day-to-day. The treatment can be carried out using dry hands, or a choice of oil. This is an ideal treatment for many stress-related problems and can be carried out over clothes if required. During the treatment, chakras or energy centres of the body are worked on restoring harmony and balance and leaving the client feeling revitalized.</p>	

Physiotherapy

Private Chartered Physiotherapist, Linda Green, who has developed the physiotherapy service within the college and sports complex, provides physiotherapy treatment.



Her previous roles include being a member of the British Olympic Medical Team and working at the Olympic Games, World Championships and World Student Games. She has worked as lead Physiotherapist for the junior GB rowing team and also with Gymnastic, Rugby, Triathlon and Basketball teams.

Linda is a qualified indoor climbing instructor, Pilates teacher and participates in these activities alongside cycling and running. She also has many years of experience dealing with both Adult and Paediatric musculoskeletal, orthopaedic and sports related injuries. Her special interest is in getting patients back to physical activity at all levels. Linda works alongside local GP's and with an excellent network of Orthopaedic and Paediatric consultants.

How to be referred

Linda is a registered provider with most well recognised Health Insurance Companies, the majority of which include Physiotherapy in the policy. Some health insurers will require a GP referral so check with your insurance company first. Most patients will self-fund treatment. Bookings can be made directly through the Sports Centre reception or telephone Linda on 01635 200549 to discuss your injury and best treatment for you.

Fees

Half an hour Initial Assessment - £46

Follow up treatments - £46

24 hours' notice should be given for cancellation of appointments otherwise treatment charges apply.



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Bradfield College Sports Complex,
Bradfield, Reading, Berkshire, RG7 6BZ

