

## Treatment Prices

Consultations FREE! (Not required for Chair Massage).

### Swedish Body Massage

Full Body	60 mins	£35.00
Head, Neck & Shoulders	30 mins	£20.00
Back, Neck & Shoulders	45 mins	£25.00
Back	30 mins	£20.00
Legs	20 mins	£15.00

### Sports Massage

As required with Heat Treatment	75 mins	£49.00
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### Chair Massage (clothed)

7 Minutes	£5.00
15 Minutes	£10.00
30 minutes	£20.00

### NLP & Kinesio Taping

Treatment as required	P.O.A.
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### Hopi Ear Candling

Including Thermo-Auricular Massage	60 mins	£39.00
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### Home/Office Visits

Any treatment including first hour on site	£50.00
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- All treatments will be charged per additional 15 minutes as required to treat individual problems.
- Senior citizens and students receive 10% discount.
- GIFT VOUCHERS available for special occasions.

### Cancellation Policy

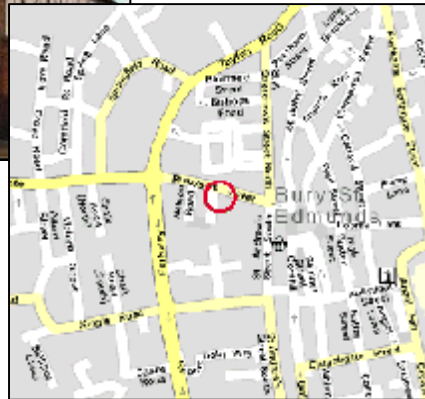
We regret that if 24 hours notice is not given for cancellation of a treatment, 50% of the treatment cost will be charged. All business is conducted in line with our terms of business, copies available on request or at

[www.BodyandMindStudio.co.uk](http://www.BodyandMindStudio.co.uk).

## Directions to Body and Mind Studio

Bury St Edmunds is England's foremost market town, steeped in history and based around a Norman grid structure. It has a beautiful historic core with numerous eye catching period streets all blessed with architectural history and laden with an array of shops that makes it unique, and attracts thousands of visitors each year from all over the world.

Body and Mind Studio is situated in the conservation area of one of the oldest streets in the town, Risbygate Street. It is only about 3 minutes walk from the town centre, 5 minutes from the bus station, 15 minutes from the train station and less than 2 minutes from the main car parking areas of the town.



### Body and Mind Studio Limited

Risbygate House  
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Web: [www.bodyandmindstudio.co.uk](http://www.bodyandmindstudio.co.uk)

Open Monday to Friday - 10am to 6pm. Other appointments available by prior arrangement.



sports massage

health & nutrition

chair massage



**BODY AND MIND STUDIO**  
[WWW.BODYANDMINDSTUDIO.CO.UK](http://WWW.BODYANDMINDSTUDIO.CO.UK)

neuro linguistic programming

hopi ear candling

swedish massage

kinesio taping

sports  
injury  
clinic



## Who Are We ?

At Body and Mind Studio we offer a range of products and services targeted at all areas of the body and mind to give our clients a total feeling of wellness. Body and Mind Studio is owned and operated by husband and wife team Beccy and Paul Hopfensperger (pictured below).



Beccy and Paul work as a team and can offer our clients treatments and advice in Diet, Nutrition & Weight Control, Sports Injuries using Kinesio Taping and Sports Massage, relaxing massage treatments using Swedish Massage and Chair Massage and Peak Sports Performance, Business and Life Coaching using Neuro Linguistic Programming (NLP).

Beccy and Paul hope they can help you by passing on their expertise when you visit Body and Mind Studio.



## HERBALIFE® Nutrition & Weight Control

With so many people looking to improve the quality of their lives and lose weight, we have no hesitation in recommending a range of natural products which have been used by our family for over 22 years. We are independent distributors for one of the world's leading wellness companies, HERBALIFE, and can offer you a great range of natural herbal nutritional products, including skin and body care, with a personalised programme to suit your specific requirements.

## Swedish Massage

Developed by Henrik Ling in Sweden in the 1700s, Swedish massage uses massage oils to facilitate smooth gliding strokes and is the most commonly offered and best known type of massage. If it your



first time at Body and Mind Studio, Swedish massage is the perfect place to start.

Swedish massage brings to the receiver an immense feeling of satisfaction and relaxation as well as relieving areas of tension and tiredness in the body. Beccy is pictured giving a back massage on a client using Swedish Massage techniques.

A Swedish massage can take from 30 - 60 minutes or longer if required depending on your specific requirements.

## Chair Massage

Chair massage is a short massage, anywhere from 7 to 30 minutes, performed through the clothing. It typically focuses on key tension areas in the back, neck, shoulders and arms. It is performed in a specially designed ergonomic massage chair (pictured right).

The sessions are usually shorter than traditional massage making it very convenient for anyone to fit into their busy schedules, and because the sessions are shorter, the cost for a chair massage is relatively low.



Why not call in for a 7 minute chair massage in your lunch hour or straight after work?

OR, better still, why not let us visit your office or workplace to give you and your work colleagues a lunchtime chair massage to relieve the tension in arms and shoulders caused by everyday office work? (see Treatment Prices overleaf).

## Sports Massage

At Body and Mind Studio, Sports Massage is our speciality. Paul is a two-time English Channel swimmer and fully appreciates the necessity to keep the body in peak condition to enable it to perform. But it is not just for athletes. Sports massage is useful for anyone with chronic pain, injury or range-of-motion issues and emphasises prevention and healing of injuries to the muscles and tendons. At Body and Mind Studio we also use special heat treatment as part of the massage.



## Kinesio Taping® - For Sports Injuries

Since the introduction of the Kinesio Taping® method to help with sports injuries nearly 30 years ago, it has been widely accepted in the athletic and western medical communities and was heavily used by many athletes at the 2008 Beijing Olympic Games.

Conventional athletic tape is designed to restrict and support the movement of the injured body part as to protect the area from further damage. In contrast, Kinesio Tex® Tape, not only offers the support needed, but allows the patient complete range of motion during the rehabilitation process to facilitate the ultimate therapeutic modality, exercise.



## NLP Sports, Business & Personal Coaching

Neuro Linguistic Programming (NLP) enables the practitioner to organise information and perceptions in ways that allow them to achieve results that were once inconceivable. NLP can be used in many areas of our lives and is recommended for clients who wish to explore and understand their own psychological makeup in relation to just a very small selection of the following issues:-

- Peak performance in sport
- Stress
- Relaxation
- Business Problems/Coaching
- Lack of Confidence
- Work/Life Balance
- Weight Control
- Give up Smoking