

Registered Massage Therapy

90 min	\$140
75 min	\$120
60 min	\$100
45 min	\$80
30 min	\$60
5 session package – 60 min	\$450

*Add paraffin wax treatment for \$15

* Add fascial stretch methodology for \$13–38

Fascial Stretch Therapy

90 min	\$135–175
60 min	\$90–115
5 session package – 60 min	\$405–520
5 session package – 90 min	\$610–720

Muscle Activation Technique

90 min initial assessment	\$135
60 min	\$95

Naturopathy

Initial adult assessment	\$225
Initial child assessment	\$180
60 min follow-up sessions	\$150
45 min follow-up sessions	\$110
30 min follow-up sessions	\$90

Reiki

60 min	\$100
5 session package – 60 min	\$405

Bowen

Initial assessment	
60 min	\$100
5 session package – 60 min	\$450

Physiotherapy

Initial assessment	\$115
60 min	\$115
45 min	\$85
30 min	\$58

Pelvic Floor Physiotherapy

Initial assessment	\$130
60 min	\$130
45 min	\$96
30 min	\$65

Vestibular Physiotherapy

Initial assessment	\$130
60 min	\$130
45 min	\$96
30 min	\$65

Osteopathy

Initial assessment	\$110
60 min	\$110
45 min	\$85
30 min	\$65

Schedule Changes

Private training and clinic session cancellations

We require 24 hours notice for cancellations for all private and semi-private sessions. Otherwise regular charges apply.

Group class cancellations

Please make sure to cancel out of a class at least 6 hours prior to the class start time. Otherwise regular charges for the class apply.

5-minute rule

If you have reserved a space in a class and are going to be late, please let the Studio know. Otherwise your spot will be made available after 5 minutes. Available spaces are offered on a first come, first served basis.