

Healthclub

Chase Park Neuro Centre

*Our award winning
Healthclub at Chase
Park is perfect for our
clients to get fit, relax,
unwind and chill...*



Beauty & Holistic Therapy

Massage

Swedish massage	
Back	£15.00
Body	£30.00
Indian head massage	£15.00
Reflexology	£25.00
Sports massage	POA

Aromatherapy Massage

Full Body	£35.00
Back Massage	£20.00

Wax Treatments

Full leg wax	£20.00
Full leg wax & bikini wax	£25.00
Half leg & bikini wax	£15.00
Bikini wax	£8.00
Half Leg	£10.00
Underarm wax	£8.00
Lip wax	£8.00
Chin wax	£8.00
Lip, chin & eyebrow wax	£20.00
Back wax	£15.00
Chest wax	£12.00
Eyebrow wax	£8.00

Nails, Hands & Feet

Manicure	£12.00
Pedicure	£12.00
Foot massage	£12.00

Facial

Facial	£15.00
Facial & Mask	£20.00

Eye Care

Eyebrow wax & tint	£13.00
Eyebrow wax, eyebrow tint and lash tint	£20.00

Hydrotherapy Pool

Chase Park Health Club offers members the opportunity to use our hydrotherapy pool, both for individual and group sessions.

Our pool has been designed to the highest hospitality standard's and is fully accessible for people of all ages and abilities, with features such as accessible changing rooms and equipment and full overhead hoists.

The pool also features a specialist lighting and music system so you can choose the mood of your swimming session.

About Hydrotherapy

Hydrotherapy is the use of water to promote health and healing and uses buoyancy, warmth, and the effects of the water's turbulence (Hydro-massage) to help reduce pain and stress and discomfort.

Hydrotherapy may be beneficial for people with spinal injuries, acquired brain injuries and other neurological conditions such as multiple sclerosis and motor neurone disease, as well as Arthritis, Back, or knee pain, Rheumatism, Sciatica, Aching Joints, Fatigue, Insomnia, Stress, Muscular pain and more.

Group Sessions

Our pool is also available for group bookings and Aqua-exercise sessions. Please call us for more information.



Gym & Personal Training

Achieve your individual goals via the use of a cross trainer, Motomed, core training balls and accessible weight training equipment.

Book your free induction with one of our fitness team and then use the gym during open sessions or book it for individual private use.

Personal fitness instruction can be purchased on an individual basis if required to support you in the gym.

"Our personal trainers provide a service that will supplement and enhance the rehabilitation of service users through strength and fitness training, using adapted techniques to meet a variety of needs and the abilities of the client "

Michael Harrison, Health Club Manager

Group Sessions

We are able to facilitate group sessions in the pool and gym for people of all ages and abilities.

This can be an excellent option for community groups wishing to meet up and participate in activities and therapies in a comfortable and accessible environment. Please contact us for more details.



Café

Our Healthclub Café provides a range of hot and cold snacks and beverages including:

Food

Sandwiches, jacket potato's, salad pots, toasties, wrap's (hot and cold), baked goods (pie's, quiche).

Beverages

A range of traditional and speciality teas, A range of coffees, Hot Chocolate, A range of cold drinks.

Something Sweet

We also have a range of sweet treats including: gateau, cheese cake, muffin's and cup cakes, scones and biscuits!

*Special diets are catered for.

Specialist Therapy

Here at Keiro we have a team of specialist therapists available for assessments and rehabilitation. Please contact us to enquire about our therapy services, including:

- Occupational Therapist: £46.00 per half hour
- Physiotherapist: £46.00 per half hour
- Speech & Language Therapist: £50.00 per half hour
- Clinical Neuropsychologist: £77.50 per half hour
- Therapy Assistant: £25 per half hour

*Travel charges may apply.

Membership

Monthly : £55.00

- Full membership includes access to all our facilities within that month.
- Any support workers or family required to assist you are welcome free of charge.
- Membership includes one hour-long pool session per month.

Annual : £605.00

- Full membership includes access to all our facilities for 1 year.
- Any support workers or family required to assist you are welcome free of charge.
- Membership includes one hour-long pool session per month.

Daily: £20.00

- Full membership includes access to all our facilities for the day
- Any support workers or family required to assist you are welcome free of charge
- Includes one hour-long pool session per month

Group Session

Group sessions are available. Please ask a member of staff for details.

Pamper Days: £65.00

For that perfect day, treat yourself or a loved one, to our exclusive pamper days. Includes:

- Full use of our facilities- lunch in our relaxation lounge refreshing drinks thought out the day
- Two treatments from our beauty brochure

Keiro work in partnership with a number of charities, please contact us to learn about discounted charity group rates!



Contact us

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@keirogroup

