

## Other therapies

**1st App**    **Follow-up**

### Cranial osteopathy

John Mallinder    £70 - 1hr    £60 - 45min

### Homeopathy

Tracy Karkut-Law

First consultation: Adult/Child £90 - 1hr

Follow-up: Adult/Child £80 - 45min

Family consultation (parent + child, or 2 children)

£90 - 1hr

Fertility consultation: £100 / 60 mins

### Osteopathy

Arturo Del Val Anguita    £60 - 1hr    £50 - 45min

John Mallinder    £70 - 1hr    £60 - 45min

### Phytotherapy

Anna Bonetto    1st appt: £90 - 90mins  
Follow up: £60 - 30/45min

### Reflexology / Maternity reflexology

Rosemary Lamb    £50 - 1hr    Same price

### Reiki

Sabrina Falco    £60 - 55min    Same price

Rosemary Lamb    £70 - 90 min    Same price  
£50 - 1hr

### Rolfing

Anna Bonetto    £80 - 1hr    Same price

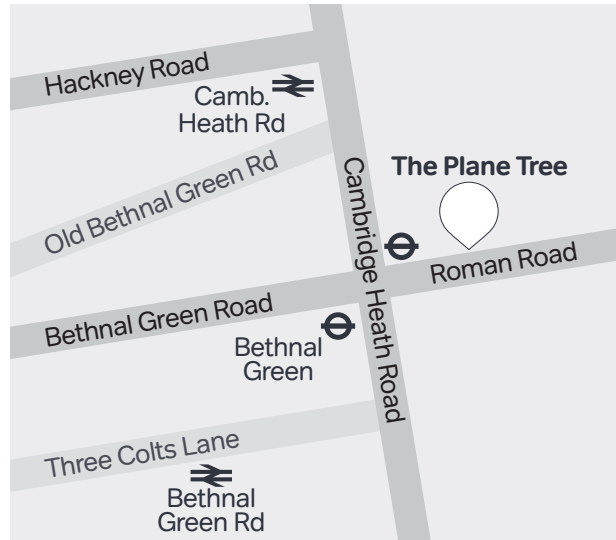
## Find us

31 Roman Road, London E2 0HU

Call us on: 020 3022 5892

info@theplanetree.co.uk

www.theplanetree.co.uk



### Gift vouchers

Vouchers are available for most treatments, please refer to our website where you can visit our online shop, or stop into the practice to purchase.

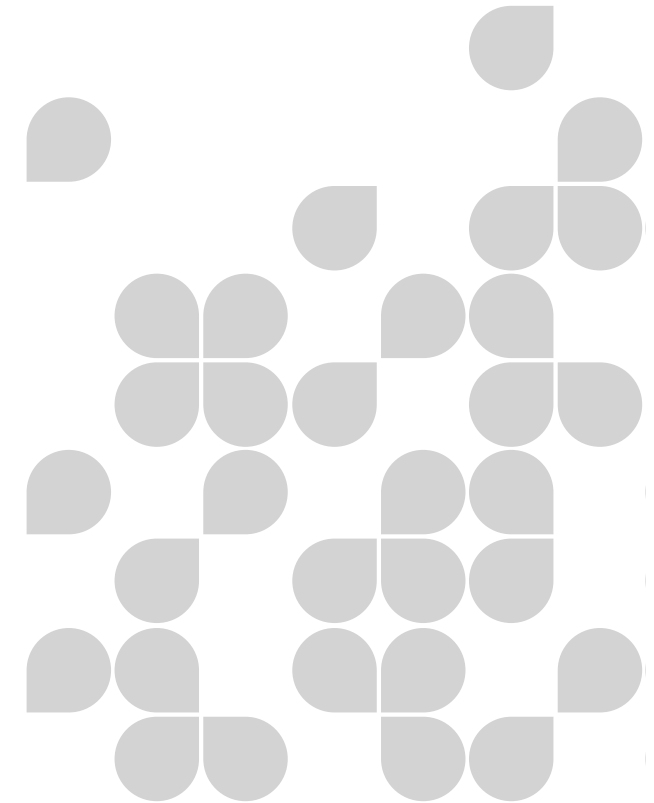
### Booking / Payment / Therapists / Availability

- Practitioners are paid directly by cash or cheque. Some practitioners operate card readers.
- We operate a 24 hour cancellation policy unless otherwise specified by the practitioner. This means that the practitioner may ask you to pay for the treatment fee if you cancel with less than 24 hour notice.
- Please refer to our website for more information about practitioners and therapies. For appointments please ring our reception on 020 3022 5892.
- Please contact us for practitioner availability. All therapists are fully qualified professionals, insured and registered with professional bodies. Massage treatments offered are for therapeutic purposes only.

**THE  
PLANE  
TREE**

## Mind and body therapies

### Pricelist



Facebook: theplanetree

The Plane Tree is a private clinic of qualified and experienced practitioners working in physical and psychological health. We opened our practice in December 2011, and have since grown to a team of practitioners offering a wide selection of complementary therapies.

The practice consists of 4 purpose built therapy rooms spaced over 2 floors, offering a serene oasis in the bustle of East London. Some of our practitioners offer concession rates. If you feel you qualify for a concession, please contact the practitioner directly to enquire before booking.

Please find our range of different therapies listed here.

#### Contact us:

31 Roman Road, London E2 OHU  
 Call us on: 020 3022 5892  
 info@theplanetree.co.uk  
 www.theplanetree.co.uk

#### Opening times:

Mon 10am – 9pm  
 Tues - Thurs 9am – 9pm  
 Fri 9am – 8pm  
 Sat 10am – 5pm  
 Sun closed

#### Transport:

Three minutes walk from Bethnal Green Tube on the Central line and buses 8, 309 and D6 all stop directly outside.

### Psychological therapies

	1st App	Follow-up
<b>Counselling / Psychotherapy</b>		
Martin Adams	£50 - £70 for 50min	
Alan Bordeville	£60 - 50 min	Same price
Anna Colgan	£75 - 55 min	Same price

### Hypnotherapy/Solution-focussed Psychotherapy

David Taylor	£100-80min	£70 - 1hr
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### Psychology

Martina Leeven	£80 - 50min	Same price £100 - 80min
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### Massage treatments

#### Amma treatment

Jo Simon	1st app 2hrs - £135	Follow-up 45min - £70
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#### Aromatherapy massage

Jo Simon	£65 - 1hr / £95 - 90min
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#### Ayurvedic kansa vakti foot massage

Rosemary Lamb	£40 - 45 min
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#### Deep tissue therapeutic massage

Sabrina Falco	£60 - 1hr / £85 - 90 min
Jo Simon	£65 - 1hr / £95 - 90min

#### Holistic massage / Swedish

Sabrina Falco	£60 - 1hr / £85 - 90 min
Rosemary Lamb	£50 - 1hr
Jo Simon	£65 - 1hr / £95 - 90min

### Massage treatments

	1st App	Follow-up
<b>Indian head massage</b>		
Rosemary Lamb	£30 - 30 min	
Jo Simon	£40 - 30min / £65 - 1hr	£95 - 90 min

### Natural face-lift massage

Rosemary Lamb	£50 - 1hr
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### Pregnancy massage

Jo Simon	£75 - 75 mins
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### Shiatsu

Maggie Bavington	£70 - 1hr*
	* for existing acupuncture clients only

### Shiatsu

Margré de Vries / Prajnadevi	£70 - 1hr
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### Sports massage

Sabrina Falco	£60 - 1hr / £85 - 90min
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### Tibetan head massage

Jo Simon	£40 - 30min / £65 - 1hr	£95 - 90 min
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### Other therapies

#### Acupuncture

Maggie Bavington	£70 - 1hr	£60 - 45 min
Robert Moore	£70 - 1hr	£60 - 45 min
Margré de Vries / Prajnadevi	£70 - 1hr	£60 - 45 min

#### Chinese herbal medicine (TCM)

Maggie Bavington	£70 - 1hr	£60 - 45 min
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