

## Other therapies

	1st App	Follow-up
<b>Osteopathy</b>		
Roselle Gillam	£60 - 1hr	£50 - 45min

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

Hannah Balderson	£75 - 1hr	£68 - 1hr
	£60 - 45min	£55 - 45min

## 1-1 Pilates

Hannah Balderson	£75 - 1hr	£68 - 1hr
	£60 - 45min	£55 - 45min

## Phytotherapy

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

## Reflexology / Maternity reflexology

Rosemary Lamb	£50 - 1hr	Same price
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## Reiki

Sabrina Falco	£60 - 55min	Same price
Helen Jeffreys	£60 - 55min	Same price
(Combined Reiki & Counselling for 1 person £80 for 90min)		
Rosemary Lamb	£70 - 90 min	Same price
	£50 - 1hr	

## Rolfing

Anna Bonetto	First session £80 - 1.5hrs	
	Followups £80 - 1hr	
	Concessions:	
	Unemployed, Students,	
	On Benefits - £60	

## Opening times:

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

## Transport:

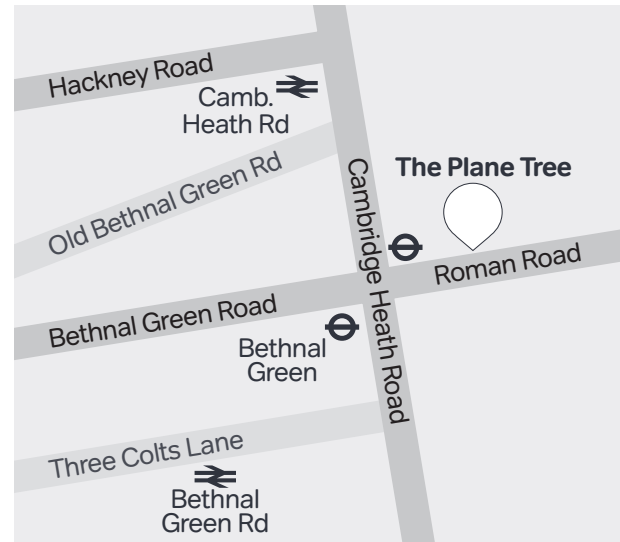
Three minutes walk from Bethnal Green Tube on the Central line and buses 8, 309 and D6 all stop directly outside.

## Contact 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.

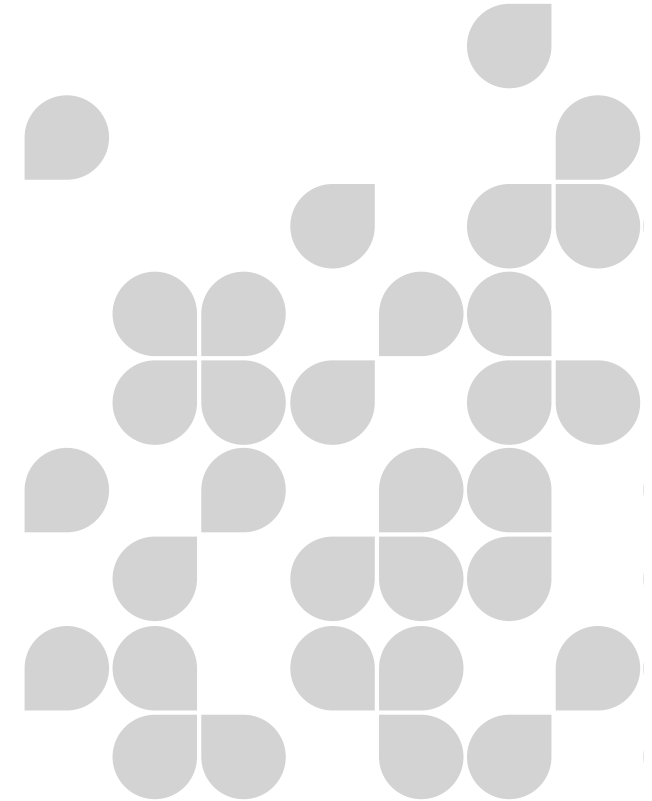


## Booking / Payment / Therapists / Availability

- 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. Please find our range of different therapies listed below.

### Psychological therapies

	1st App	Follow-up
<b>Coaching</b>		
Alexandra Neumann	£85 - 1hr	Same price

### Counselling / Psychotherapy

Martin Adams	£50 - £70 for 50min	
Anna Colgan	£75 - 55 min	Same price
Helen Jeffreys	£50 - 55min for individuals £80 - 75min for couples (Combined Reiki & Counselling for 1 person £80 for 90min)	
Alexandra Neumann	£60 - 50min	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

	1st App	Follow-up
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#### 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	
Aga Kucharska	£60 - 1hr / £85 - 90 min	
Jo Simon	£65 - 1hr / £95 - 90min	

#### Holistic massage / Swedish

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

#### Hot stone massage

Hannah Balderson	£65 - 1hr	Same price £95 - 90 min
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#### Indian head massage

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*	
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\* 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

	1st App	Follow-up
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#### Acupuncture

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

#### Chinese herbal medicine (TCM)

Maggie Bavington	£65 - 1hr	£55 - 45 min
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#### Cranial osteopathy

Roselle Gillam	£60 - 1hr	£50 - 45min
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