

Other therapies

1st App **Follow-up**

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

Osteopathy

Roselle Gillam	£60 - 1hr	£50 - 45min
John Mallinder	£70 - 1hr	£60 - 45min

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

Rolfing

Anna Bonetto	£80 - 1hr	Same price
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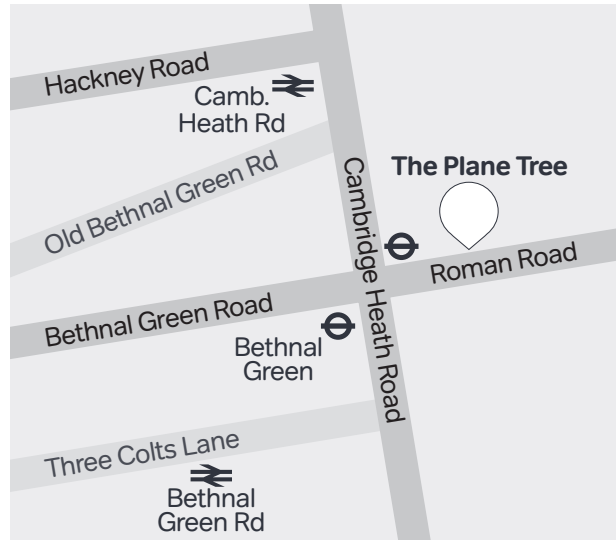
Find us

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

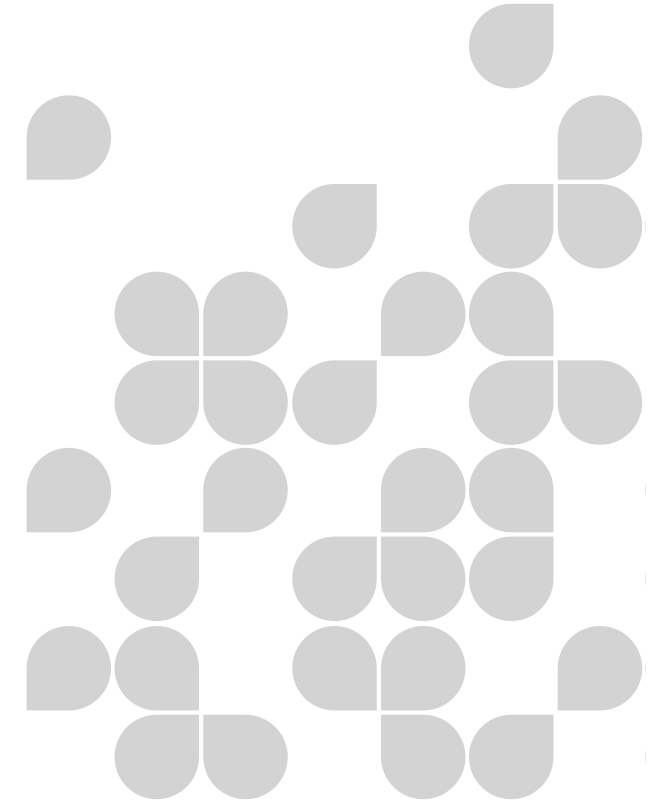
- Practitioners are paid directly by cash or cheque. Some practitioners operate card readers.
- We operate a 24 hour cancellation policy unless otherwise specified by the practitioner. This means that the practitioner may ask you to pay for the treatment fee if you cancel with less than 24 hour notice.
- 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.

Jan '18

**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
Counselling / Psychotherapy		
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
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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Massage treatments

	1st App	Follow-up
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*
	* 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
Margré de Vries / Prajnadevi	£70 - 1hr	£60 - 45 min

Chinese herbal medicine (TCM)

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