

Other therapies

1st App Follow-up

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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Cranial osteopathy

John Mallinder	£70 - 1hr	£60- 45min
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Craniosacral for tinnitus

Simon Baker	£85 - 75mins	£70- 1hr
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Craniosacral therapy

Simon Baker	£70 - 1hr	£70- 1hr
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Western Herbal medicine

Pieter Meiring	£70 - 1hr*	£50- 30min*
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* + cost of herbs, approximately £10 per week, depending on prescription

Homeopathy

Tracy Karkut-Law

First consultation: Adult/Child £120 - 1hr

Follow-up: Adult/Child £90 - 45min

Osteopathy

Arturo Del Val Anguita	£60 - 1hr	£50- 45min
John Mallinder	£70 - 1hr	£60- 45min

Reflexology / Maternity reflexology

Rosemary Lamb	£60 - 1hr	Same price
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Reiki

Sabrina Falco	£65 - 1hr	Same price
Rosemary Lamb	£90- 90 min	Same price
	£60 - 1hr	

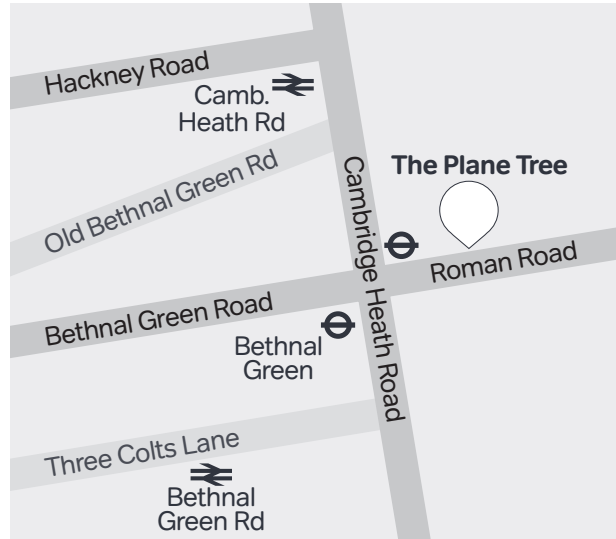
Find us

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.

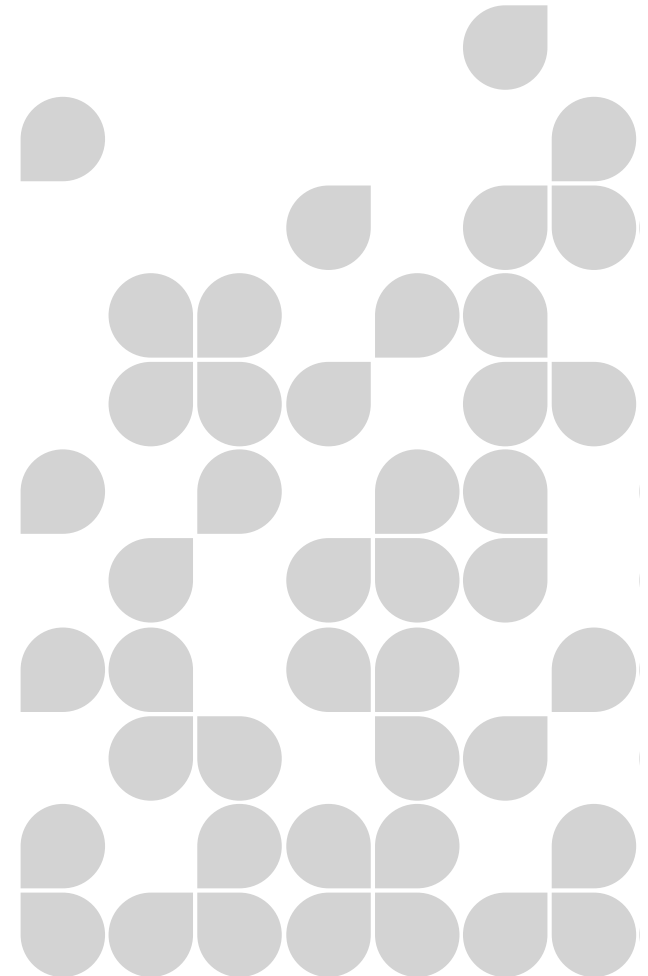
Booking / Payment / Therapists / Availability

- 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.

March '19

THE
PLANE
TREE

Mind and body therapies Pricelist



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 0HU
Call us on: 020 3022 5892
info@theplanetree.co.uk
www.theplanetree.co.uk

Follow us:



theplanetree



theplanetreelondon

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	£70 - 50 min	Same price
Anna Colgan	£80 - 50 min	Same price

Hypnotherapy/Solution-focussed Psychotherapy

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

Martina Leeven	£85 - 50min	Same price £125 - 80min
Helen Mann	£80* - 50min	Same price

* non-insurance clients, please enquire if you are using insurance

Massage treatments

Advanced clinical massage

Jo Simon	£65 - 1hr / £95 - 90min
Casey Stewart-Smith	£65 - 1hr / £90 - 90min

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	£50 - 45 min / £60 - 1hr
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Deep tissue therapeutic massage

Sabrina Falco	£65 - 1hr / £90 - 90 min
Jo Simon	£65 - 1hr / £95 - 90min
Casey Stewart-Smith	£65 - 1hr / £90 - 90min

Massage treatments

	1st App	Follow-up
Holistic massage / Swedish		
Sabrina Falco	£65 - 1hr / £90 - 90 min	
Rosemary Lamb	£60 - 1hr / £90 - 90 min	
Jo Simon	£65 - 1hr / £95 - 90min	
Casey Stewart-Smith	£65 - 1hr / £90 - 90min	

Hot stone massage

Casey Stewart-Smith	£70 - 1hr / £100 - 90min
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Indian head massage

Rosemary Lamb	£40 - 30 min / £50 - 45min
Jo Simon	£40 - 30min / £65 - 1hr

Myofascial release

Pieter Meiring	£70 - 1hr
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Natural face-lift massage

Rosemary Lamb	£60 - 1hr
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Pregnancy massage

Jo Simon	£75 - 75 mins
Casey Stewart-Smith	£65 - 1hr

Shiatsu

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

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

Sabrina Falco	£65 - 1hr / £90 - 90 min
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Tibetan head massage

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