



ashbrooke therapies

Physiotherapy

Sports Injury

Aesthetic Skin Treatments

Laser Therapies

Holistic Therapies

Ashbrooke Therapies, Ashbrooke Sports Club, West Lawn, Sunderland, SR2 7HH

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Physiotherapy

Assessment and Treatment	55 mins	£48
Review Physio	55 mins	£48
	30 mins	£32
G5 Massage	55 mins	£42
	45 mins	£37
	30 mins	£32
Acupuncture	55 mins	£48
	30 mins	£32

Sports Injury

Sports & Remedial Massage	75 mins	£65
	55 mins	£42
	45 mins	£37
	30 mins	£30
Sports Rehabilitation	55 mins	£42
Review	30 mins	£32

Aesthetic Skin Treatments

Anti-Wrinkle treatment

One area (frown or crows feet)	£100
2 areas (frown lines & forehead or frown & crows feet	£150
3 areas (frown lines, forehead & crows feet	£190

Dermal fillers

Lip augmentation	(0.5ml)	£120
	(1.1ml)	£200
Nasolabial folds	(1.1ml)	£200
Marionette lines	(1.1ml)	£200
	2 areas (2ml)	£320

Skin Boosters

Face, neck or chest		
Seventh Hyal 2000	Session x 1	£130
	Course x 3	£340
Profililo	Session x 1	£220
	Session x 2	£410

Micro Needling – Collagen Induction Therapy with LED	60 mins	£120
	Course x 3	£300

Deep Cleanse Facial (with Galvanic)	60 mins	£50
	Course x 4	£175
	Course x 8	£350

Add LED Intense light therapy/Dermabrasion to any Facial		£15
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Skin Boost LED Light Facial	30 mins	£30
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Vitamin Injections

BI2		£30
	Course x 4	£100
Biotin		£30
	Course x 4	£100

Deluxe Age Defying Facial	105 mins	£95
(Radio Frequency & Non-Surgical Face lifting)	Course (8 for 7)	£630
Age Defying Facial (Non-Surgical face lifting)	60 mins	£60
	Course (8 for 7)	£420
Age Smoothing Facial (Radio Frequency)	60 mins	£60
	Course (8 for 7)	£420

Laser Therapies

Laser Skin Treatment

Illumi Facial – Photo rejuvenation	60 mins	£140
	Course x 3	£340
	Course x 6	£600

Laser Hair Reduction

Chin, Upper lip, nipples, sideburns, feet, fingers	£30
Under chin, jaw line to bottom lip	£60
Underarms	£50
Shoulders & upper arms	£130
Half arm	£70
Ankle to knee	£90
Full arm	£100
Knee & Thigh to Groin	£120
Full legs, Bikini & Underarm	£180
Chest - collar bone to breast line	£120
Abdomen - Bikini line to breast line	£120
Nipple area	£40
Full back	£130
Full legs	£130
Full back & Shoulders	£190
Lower back	£70
Basic Bikini line	£40
Brazilian	£50
Brazilian & under carriage	£110

Cost Saver Laser Course	
6 for 5 - Must be paid on first appointment	

Thread Vein Treatment

Cheeks	£100
Cheeks & Nose	£130
Full Face	£180

Holistic Therapies

Aromatherapy Facials

Eve Taylor® Express Facial	30 mins	£32
Eve Taylor® Bespoke Facial	60 mins	£45
Aromatherapy Body Massage	90 mins	£62
Aromatherapy Body Massage	60 mins	£42
Aromatherapy Back Massage	30 mins	£32
Hot Stones Massage	60 mins	£48
	90 mins	£68
Reflexology	45 mins	£37
Indian Head Massage	45 mins	£37
Hopi Ear Candle	45 mins	£37
Gua Sha/Body Cupping Therapy	30 mins	£32
	60 mins	£48
Acupuncture with Body Cupping Therapy	60 mins	£55
	90 mins	£75

Offers & Discounts

Ashbrooke Sports Club Members

10% discount upon production of valid Ashbrooke Sports Club membership

Students (NUS)

10% discount upon production of valid NUS/Student card

