

# Wellness



looking after  
your health  
and wellbeing

BRADFIELD COLLEGE SPORTS COMPLEX





**At Bradfield College Sports Complex we invite you to relax in our beautiful surroundings and newly refurbished Wellness Room.**

Looking after your Wellness has never been more important and we offer various ways to help you achieve this. Alongside our Wellness Room, we have an extensive range of Fitness Classes, Swimming Pool, Gym available for use as a member or non-member.

Our Wellness Room plays host to our therapists offering Beauty Therapy, Reflexology and Physiotherapy offering a variety of treatments to cure ailments and for general pampering.

To book a treatment contact the Therapists direct on the numbers below, or for more information about Wellness activities, contact the Sports Complex Reception on the following:

**Reception on 0118 964 4600  
or email: [frontdesk@bradfieldcollege.org.uk](mailto:frontdesk@bradfieldcollege.org.uk)**

**Beauty and Massage Therapist, Rachel Clark - 0793 1624207**

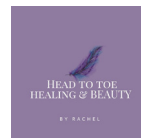
**Reflexologist, Angela Mitchell - 0790 9992348**

**Physiotherapist, Jamie Pittman - [Jamie.Andrew.Pittman@hotmail.co.uk](mailto:Jamie.Andrew.Pittman@hotmail.co.uk)**



\* Please note with all appointments, 24 hours' notice should be given for cancellation of appointments otherwise treatment charges apply.

# Beauty Therapy



## Massage

<b>Free Flow Relaxtion Massage</b>	<b>60 minutes £40 - 45 minutes £33 - 30 minutes £25</b>
Using classic Swedish Massage techniques alongside my own knowledge and experience to deliver a blissful free-flowing massage that is tailored to you and your body.	
<b>Deep Tissue /Remedial Massage</b>	<b>90 minutes £70 - 60 minutes £55 45 minutes £45 - 30 minutes £30</b>
Applying firm pressure and slow strokes to reach deeper layers of Muscle and Fascia. I use a variety of techniques including Deep Tissue, Trigger Point Therapy, Myofascial Release, Soft Tissue Release. This treatment is especially helpful for chronically tense and contracted areas or clients who are suffering from pain.	
<b>Hot Stone Massage</b>	<b>60 minutes £55 30 minutes £30</b>
Experience massage with the use of heated Basalt Stones, these smooth stones glide effortlessly over your body whilst the heat works its way into tired and stressed muscles, bringing deep relaxation.	
<b>Indian Head Massage</b>	<b>45 minutes £33</b>
This treatment targets the Upper Back, Neck, Shoulders, Arms Head & Face. It is beneficial for relieving tension, stimulating the scalp, reducing headaches and bringing a sense of calm to your mind and body. You will be seated for this massage.	
<b>Reiki Healing</b>	<b>50 minutes £40</b>
Reiki Healing Reiki is a Japanese technique and is a form of energy healing. “Life force energy” flows through us and is what causes us to be alive. If one’s “life force energy” is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. Reiki Therapy guides life force energy throughout the body to promote the clients self-healing abilities. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing.	
<b>Breathwork</b>	<b>90 minutes £60</b>
The simple act of breathing consciously offers us a gateway to profound physical, psychological and spiritual transformation. Breathwork is a relaxing, gentle yet incredibly powerful way to release stuck/stored emotions held in our bodies. When we are able to release these emotions, we change the relationship we have with ourselves, with our loved ones and with the world. Conscious, connected breathing makes it possible for previously unresolved issues to integrate and heal. <i>“Breath is the bridge which connects life to consciousness, which unites your body to your thoughts” - Thich Nhat Hanh</i>	

## Tension & Trauma Releasing Exercises - COMING SOON

Tension & Trauma Releasing Exercises (or TRE®) is a simple yet innovative series of exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma. Created by Dr. David Bercei, PhD, TRE safely activates a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system. When this muscular shaking/vibrating mechanism is activated in a safe and controlled environment, the body is encouraged to return back to a state of balance.

## Facials

<b>Express Facial</b>	<b>40 minutes £30</b>
Give your Skin the pick me up it needs with a relaxing Facial. Includes Cleansing, Exfoliation, Face Mask, Massage, Toning and Moisturising.	
<b>Luxury Facial</b>	<b>60 minutes £40</b>
Enjoy the benefits of a facial with the added luxury of a Neck, Shoulder and Scalp Massage. Includes: Cleansing, Exfoliations, Face Mask, Facial Massage, Toner, Moisturiser and a Neck, Shoulder and Scalp massage to finish.	

## Eye Treatments

\* A patch test is required at least 48 hours prior to these treatments.

<b>Lash Lift and Tint*</b>	<b>£45</b>
Darker, longer, and fuller looking beautifully lifted lashes eliminating the need for mascara.	
<b>Eyelash Tint*</b>	<b>£15</b>
Your own lashes, just with a little tint to get them noticed!	
<b>Eyebrow Tint*</b>	<b>£12</b>
Enhance the look of your natural brows with the use of tint.	
<b>Lash and Brow Tint*</b>	<b>£25</b>
Brows and Lashes tinted in one appointment.	

## Waxing

A quick and effective way to remove hair from the root using warm wax, resulting in longer lasting hair removal.

<b>Full leg</b>	<b>£20</b>	<b>Underarm</b>	<b>£7</b>
<b>Half leg</b>	<b>£16</b>	<b>Forearm</b>	<b>£10</b>
<b>Bikini line</b>	<b>£16</b>	<b>Eyebrow</b>	<b>£12</b>
<b>Underarm</b>	<b>£7</b>	<b>Lip</b>	<b>£7</b>

<b>Male Waxing</b>	
<b>Chest</b>	<b>£20</b>
<b>Back</b>	<b>£25</b>
<b>Both</b>	<b>£40</b>

## Hands and Feet

<b>Pedicure</b>	<b>£25</b>
Includes nail and cuticle care, lower leg and foot massage and polish. An additional £5 if you would like to upgrade to Shellac polish.	
<b>CND Shellac</b> (Includes nail file/tidy and polish. Using a UV light to cure the polish.)	<b>Hands or Feet- £25</b>
Removal of Shellac: £5 or FREE if having another Shellac polish applied.	

# Reflexology



## What is Reflexology?

*Reflexology is a complimentary therapy which is based on the theory that different points on the feet, lower legs, hands, face or ears correspond with different areas of the body. Reflexologists work on these areas to aid relaxation and help improve wellbeing. The only real way to see if reflexology would help you is to try it, reflexology acknowledges everyone is unique. Most people feel very relaxed, sleep better and notice a feeling of improved mood and general wellbeing.*

*All treatments require a phone consultation or email to obtain full medical history and consent forms agreeing to the treatment and to check for contradictions.*

<b>Reflexology Lymph Drainage</b>	<b>RLD Reflexology Lymph Drainage (60 mins) £45</b>
<p>This treatment stimulates the lymphatic reflexes on the feet and is beneficial for many conditions, especially lymphoedema, defined as swelling due to failure of lymph drainage. RLD is also used to treat conditions other than lymphoedema and may be useful with many auto immune diseases including: Arthritis, asthma, eczema, chronic pain, fatigue, fibromyalgia, ME, sinus problems, migraines, headaches, muscular tension, aches and pains &amp; premenstrual syndrome.</p>	
<b>Facial Reflexology &amp; Indian Head Massage Combo</b>	<b>1 Hour £45</b>
<p>Facial reflexology provides all the same benefits as foot reflexology and is perfect for anyone looking to restore balance who dislikes having their feet touched. It applies pressure to reflex points of the face using Bergman method facial reflexology. Facial reflexology works extremely well for anyone who suffers with migraines, sinusitis, facial tension, bruxism and insomnia.</p>	
<b>Natural Face Lift with Gua Sha, Crystals &amp; Indian Head Massage</b>	
<p>Naturally lift your face and spirit with this exclusive natural facial treatment. The treatment includes a special formulated elixir, facial gua sha, facial crystals &amp; facial rollers as well as hot towels and some Indian Head Massage to complete this very relaxing treatment. This is a facial helping you to age well naturally.</p> <p>It is important to consider our faces are influenced by stress, diet, weight, loss of bone density in the face and our emotions which we often hold in the face.</p> <p>Learn how to age well naturally with daily care with the use of a Gua Sha &amp; learn to let go of emotional stress and tension we often hold in the face and jaw.</p> <p>A full consultation will take place on first visit to provide the best treatment options tailored just for you. This treatment also includes Indian Head massage.</p>	

<b>Aroma Reflexology</b>	<b>Foot Reflexology 60 mins £45</b>
<p>All the benefits of foot reflexology with the added combination of 12 options of healing aromatherapy essential oils, to support the body with physical and emotional conditions. The blends are used to help you to deeply relax, revive and rebalance the mind and body.</p>	
<b>Crystal Healing Foot Reflexology 1 Hour £45</b>	
<p>Crystals are natural and are created from minerals deep inside the earth and have been used since the dawn of the human race. It is a fact that crystals emit tiny electrical impulses which activate the human body's neurological system in a subtle manner. Different crystals possess their own unique energy signal, producing different effects.</p> <p>Experience all the wonderful benefits of foot reflexology which incorporates healing properties of crystals to help balance body and mind, as well as a crystal healing meditation during your treatment.</p>	
<b>Reflexology Combo</b>	<b>30 mins facial reflexology &amp; 30 mins foot reflexology £45</b> <b>60 mins facial reflexology &amp; 60 mins foot reflexology £90</b>
<p>A lovely treatment to feel totally relaxed from head to toe with half the booking starting with facial reflexology &amp; some Indian head massage and finally some foot reflexology to release tension, improve your wellbeing, boost your mood, aid relaxation and improve sleep.</p> <p>Course of four combination treatments 1 hour each booked in advance 15% off £153.00</p> <p>Why not try four different options available for reflexology to see which one you like best. If you book four treatments in advance, receive 15% off.</p>	
<b>Reflexology for teenagers 1 hour £45</b>	
<p>Reflexology is particularly effective in improving sleep, reducing irritability and improving mood and general wellbeing. The tiniest baby can benefit from a 5-minute session and a full treatment for a young adolescent dealing with changing hormone levels and anxiety about their upcoming exams.</p>	
<b>Reflexology for babies &amp; young children 1 Hour £45</b>	
<p>Learn all the skills for applying reflexology to your baby or toddler, where parents and grandparents can learn a fun &amp; rewarding skill under the guidance of a fully trained reflexologist. Available from 10 months to 3 years</p>	

Reflexology does not claim to cure or diagnose & should not be used as an alternative to seeking medical advice.

24 Hours' notice must be given for cancellation of appointments otherwise charges will apply. To book an appointment please call Angela Mitchell (MAR) tel. 0790 9992348 or email: [Indigoblureflex@gmail.com](mailto:Indigoblureflex@gmail.com)

## Physiotherapy



Since graduating from the University of Bath with a 2:1 classification in a Bachelor of Science in Sports Therapy, Jamie has clinically practiced as a Sports Therapist for over 5 years in Pangbourne and the surrounding Berkshire area; working alongside other health and fitness professionals in various settings. Jamie encapsulates Sports Therapy as broad scale of disciplines, from injury assessments and diagnosis, posture analysis, treatment techniques of Electrotherapy, Manual Therapy and Sports Massage, to Biomechanics, Rehabilitation and prescribing exercises. Jamie believes the wide-ranging spectrum of Sports Therapy has enabled him to clinically restore, and facilitate the development of many individual's medical, physical and psychological wellbeing for the better.

Jamie has been involved in conducting research into various niche topics, covering physiological and psychological themes. He has conducted research into the weight loss and control techniques of British jockey's and the psychological implications of a weight-loss culture, gaining a first grading classification. Furthermore, more recently he has studied the influences that Hydrotherapy (in Dead-Sea Salt Water) has upon fundamental phases of rehabilitation to chronic conditions, and amputations.

His passion is to educate individuals on their body, and the appropriate methods your body specifically needs, whether relating to an individual's day-to-day work and life-style, or exercise and sporting performance; prioritising methods that works with an individual's body and not against it. He has a deep interest in human biomechanics, and through his education and subsequent practice has understood the importance of moving the correct way whether within the gym, or at home.

His belief is that the mechanics of true movement has a sole bearing on your ability to cope and complete your daily life to possible elite-level sporting performance. His philosophy focuses on the concept in regaining ranges of motion, correcting an individual's biomechanics, and facilitating the development of strength in those ranges.

### How to be referred

To discuss a treatment with Jamie please email [Jamie.Andrew.Pittman@hotmail.co.uk](mailto:Jamie.Andrew.Pittman@hotmail.co.uk)

**Fees: Half an hour Initial Assessment - £46 Follow up treatments - £46**

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*at*



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Bradfield College Sports Complex,  
Bradfield, Reading, Berkshire, RG7 6BZ



