



## ***Treatments available at Woodside Clinic***

88 Gt Northern Rd, Dunstable, Beds LU5 4BT Tel: 01582 608400 Fax: 01582 471371

28A High Street, Leighton Buzzard, Beds LU7 1AH Tel: 01525 372447

The Surgery, 1 Leighton Rd, Leighton Buzzard, Beds LU7 1LB Tel: 01525 372311

1 Brewers Yard, Ivel Rd, Shefford, Beds SG17 5GY. Tel: 01462 850228



### ***Our Clinical Therapies:***

#### **OSTEOPATHY**

A safe, natural approach that is based on providing treatment which is individually tailored for each patient. The “whole body” approach used by Osteopathy means that not only is this a very effective treatment for those with problems such as low back pain, sciatica, Road Traffic Accident injuries, headaches and limb injuries but also for those with recurrent or ongoing complaints. Our patients therefore include increasing numbers who like to visit us on an occasional basis (eg. every four to six months) to help them maintain mobility and avoid injuries. We have also had numerous ladies who’ve been helped through their pregnancies with osteopathic treatment. Amongst our osteopaths are Specialists in the treatment of sports injuries, the treatment of children and cranio-sacral Osteopathy.

#### **CRANIO-SACRAL OSTEOPATHY**

This gentle yet powerful technique is especially beneficial in treating children (including those with colic, glue-ear, sleeping problems etc.) and adults who suffer with headaches and a variety of dental problems.

#### **PHYSIOTHERAPY**

A well established therapy in which patients are helped to recover rapidly from trauma and post-surgery by treatment which combines an emphasis on the patients being empowered to help themselves, with the appropriate manual therapy, electrotherapy and exercises etc. Specialist physiotherapy provision include a Neurophysiotherapist (for stroke recovery, vertigo, M.S. etc.) and those with a special interest in sports injuries, shoulder complaints, knee injuries and Temporo-Mandibular joint problems.

#### **ACUPUNCTURE**

An ancient treatment which uses very small needles to gently ease conditions by rebalancing the body’s energy systems. The World Health Organisation has declared Acupuncture to be effective in treating over 60 conditions including asthma, hay fever, headaches, menstrual pain, fatigue and rheumatic problems.

#### **‘BODY CONTROL’ PILATES**

Pilates is a body conditioning method that works in a different way to other fitness techniques - by building strength from the inside out, rebalancing the body and bringing it into correct alignment. The program focuses on educating the deep postural muscles which help to keep the body balanced and are essential to provide good spinal support.

#### **FOOD INTOLERANCE AND E-NUMBERS’ TESTING**

This ‘cutting edge’ computerised approach to testing helps to find out food intolerances responsible for numerous health problems including Asthma, Allergic skin conditions, fatigue, stomach problems, headaches etc.

#### **PODIATRY & CHIROPODY**

The treatment and assessment of foot and ankle injuries includes the provision of ‘arch supports’ and chiropody. The benefits of podiatry and it’s ability to help enable good ‘lower limb function’ are widely known amongst top athletes and is also extensively used by individuals with chronic knee pain. Our Podiatrist also provides a free ‘foot health check’ for anyone who’d like to book one.

*Each Practitioner has full membership status with his/her profession’s main governing body.*

### HOMEOPATHY

This treatment offers excellent help for those suffering with fatigue, skin conditions, gynaecological problems and digestive disorders. Homeopathy is gaining more and more support as an effective alternative to conventional medicine.

### HYPNOTHERAPY

We offer a service that's tailored to individual requirements. Treatments are available for those suffering with a variety of conditions including phobias, panic attacks, stress and anxiety. Help can also be provided with weight loss programmes and gaining confidence.

### SPORTS MASSAGE & THERAPEUTIC MASSAGE

These popular therapies are also available to be paid for using Woodside Clinic gift vouchers. If you are undergoing physiotherapy or osteopathy, massage therapy can be provided as a complement to your treatment (the therapists will discuss your case in order to maximise the benefit).

Osteopathy / Physiotherapy / Acupuncture	<b>£35.00</b>
Combined Homeopathy / Naturopathy consultation ( <i>Initial Consultation includes the cost of any Homeopathic prescriptions</i> )	<b>£55.00</b>
Follow-up visits ( <i>prescriptions, if appropriate, are extra but will rarely cost more than £10.00 per week</i> )	<b>£25.00</b>
Chiropody	<b>from £25.00</b>
Podiatry consultation (including, if appropriate, trial orthotics)	<b>£50.00</b>
Follow-up visits	<b>£20.00</b>
Clinical Hypnotherapy	<b>£45.00</b>
Follow-up visits	<b>£45.00</b>
Pilates	<b>£50.00</b>
The 'one-off' One to One (extended) Pilates session: 1½ hrs	<b>£38.00</b>
One to one Pilates sessions (minimum of 4 sessions or as additional visits)	<b>£140.00/£195.00</b>
A short course of 4/6 sessions (paid in advance)	<b>£39.99</b>
4 sessions of group Pilates (once a week during 4 week period - paid in advance)	<b>£39.99</b>
Food Intolerance and E Number Testing	<b>£55.00</b>
Food Intolerance Testing only	<b>£45.00</b>
E Number Testing only	<b>£20.00</b>
Massage treatment with an Osteopath	<b>£35.00</b>
Extended massage treatment with an Osteopath (one hour)	<b>£60.00</b>
Deep tissue and sports massage (generally only recommended to those aged 16 - 50 years of age)	<b>£20.00</b>
Specific body parts	<b>£32.00</b>
Full body	<b>£32.00</b>
Therapeutic massage (in conjunction with your Osteopath, Physiotherapist or Acupuncturist)	
Specific body parts	<b>£20.00</b>
Extended treatment	<b>£32.00</b>

## ***Our Holistic Therapies:***

### **REFLEXOLOGY**

Reflexology aids the body by promoting the natural self-healing process and helps to maintain the balance that leads to good health. Reflexology is a natural option to offset the effects of stress and improve overall well-being. It treats the body, mind and spirit as a whole, trying to get to the cause of the disease, not its symptoms. A good reflexology treatment can be deeply relaxing, allowing the tension to decrease throughout the body. Reflexology feels great and nearly anyone can have it- all you need to do is remove your footwear!

### **AROMATHERAPY**

Aromatherapy is a treatment of caring for the body with pleasant smelling botanical oils such as rose, lemon, lavender and peppermint. The essential oils are massaged into the skin, inhaled directly or diffused to scent an entire room. Aromatherapy is used for the relief of pain, care for the skin, alleviate tension and fatigue and invigorate the entire body. Essential oils can affect the mood, alleviate fatigue, reduce anxiety and promote relaxation. When inhaled, they work on the brain and nervous system through stimulation of the olfactory nerves.

**Individually prescribed Holistic Therapies** (incorporating a combination of special oils, which will be individually prescribed according to the history and examination)

Aromatherapy (treatment only) - Back, shoulders and face or legs: 1 hour	<b>£25.00</b>
Full body Aromatherapy consultation, Holistic Health assessment and treatment: 1 1/2 hours	<b>£42.00</b>
Reflexology consultation and treatment	<b>£32.00</b>

### **CLASSIC (SWEDISH) MASSAGE**

The term "Swedish Massage" refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart. An effective therapy which helps in overall wellbeing, Swedish Massage is not only relaxing but invigorating as well.

### **HOT STONE THERAPY**

Hot Stone Therapy is a type of massage using specially heated volcanic lava stones, combined with Swedish-style massage movements, which has healing properties for both skin and muscles. The heat from the warm basalt stones penetrates deeply to help loosen and soothe tightened congested muscles, giving a deep massage and creating sensations of comfort and warmth.

### **INDIAN HEAD MASSAGE**

Indian Head Massage is a treatment based on old Ayurvedic techniques involving work on the upper back, shoulders, neck, scalp and face. A variety of massage movements are used to relieve accumulated tension, stimulate circulation and restore joint movement. It is also used to aid the condition and health of the hair, particularly when combined with the use of natural organic oils.

**Holistic Therapy Treatments** using Eve Taylor and Micheline Arcier pre-blended oils

Classic (Swedish) massage - Back and shoulders	<b>£18.00</b>
Full body	<b>£30.00</b>
Hot stone massage - Consultation, cleanse, scrub & massage (back, shoulders, legs, feet, chest & abdomen)	<b>£42.00</b>
Back, shoulders and legs only	<b>£30.00</b>
Indian Head massage including upper back, shoulders, neck, arms, head and face	<b>£24.00</b>

***The Eve Taylor / Micheline Arcier products  
which complement your treatment  
are available to purchase from reception***

### **HOLISTIC FACIALS**

A Holistic Facial is a treatment that is applied to the face, neck and shoulders in a sequence of moves designed to condition the skin and awaken the body's healing process. Essential oils are massaged into the face, neck, shoulders and scalp. Blended specifically to suit each individual skin type.

Holistic facials for women: including Chinese face analysis (cleansing, toning, gentle facial scrub, face massage, hydrating masque, shoulder/ neck and chest massage)	<b>£32.00</b>
Holistic facial for men: including Chinese face analysis (cleansing, toning, facial scrub, face massage, hand or foot massage and mud masque)	<b>£30.00</b>

### ***De-stress Treatments:***

#### **SPECIAL 'DE-STRESS TREATMENTS' & DAYS (AVAILABLE IN LEIGHTON BUZZARD ONLY)**

Combination of Acupuncture\*, Hypnotherapy\*, Reflexology or Aromatherapy, Hot Stone Massage, Classic Massage, Indian Head Massage and / or Holistic facial. Includes refreshment break(s) and when you arrive one of our specialist Holistic therapy consultants will help you plan your own, personalised relaxation experience.

\* - these options need to be booked in advance.

Relaxation experience - 2 treatments (2 ½ hrs)	<b>£85.00</b>
'Total relaxation experience' - 3 extended treatments (4 hrs) (includes one of our exclusive personally selected, bath oils to take home with you)	<b>£140.00</b>
The Ultimate - A day of total pampering and care including lunch at the superb Black Horse Restaurant (only available at our Shefford clinic)	<b>P.O.A .</b>
The 'Double package' - If you'd like to attend with a friend, our De-stress treatments can be booked in parallel so you can share your refreshment breaks together (price per person). Triple days also available.	<b>£80.00, £130.00, P.O.A .</b>

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***Gift vouchers are also available for any amount or treatment. Please ask at reception for details***