

Helford Clinic

Pain Management • Corrective Exercise • Nutrition & Lifestyle

www.helfordclinic.com

Helston, Cornwall. 01326 564074



Treatment Guide

Prices from 1st January 2007

	Price
Acquaint consultation (By phone or in person)	Free
Initial Consultation	£45 (1-1 ½ hour)

The initial consultation is usually followed with bodywork treatments and/or corrective exercise sessions.

Bodywork follow up sessions	£30 (½ hour)
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Personal training/corrective exercise

Programme design and training diary

Single session

Block of 5

Block of 10

£25
£45 (1 hour)
£210* (1 hour each)
£390* (1 hour each)

* You may pay by credit card or debit card through Paypal for these items.

Helford Clinic has a range of products available such as Swiss Balls, books, blood pressure cuffs, wooden dowels, pH testing kits and purifying and health building diet plans. Please contact Tom for more information.



Helford Clinic, The Natural Store Helston 01326 564074
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