

BODYSPACE

MEMBERSHIP WELLNESS PROGRAMME

Our unique BodySPace menu offers clients bespoke wellness packages perfectly harmonising fitness, nutrition and performance therapies. Our programmes are supported by the latest health and fitness technologies alongside functional movement screening and have been carefully curated by founders

Stephen Price & David Higgins, alongside our expert BodySPace team. Incorporating years of evidence-based experience, these programmes offer our clients the most effective way to a fitter and healthier body and mind. A highly personalised service ensures that each client is given the dedicated time and encouragement to create a unique and exceptional lifestyle experience.

BODYSPACE MEMBERSHIP

£1250 annual membership fee
including the below Assessments

BodySPace Assessment	3-Day FirstBeat Assessment	Nutrition Assessment
In-depth fitness testing, movement screening and musculoskeletal examination by our movement health experts.	Will monitor your physiology (stress, recovery, exercise) revealing the link between your lifestyle and well-being.	Will provide comprehensive dietary advice through an initial consultation and a follow up.

YOUR PERSONALISED PROGRAMME

Guided by your initial assessment results and objectives, our Director of Programmes will create and suggest your customized wellness programme, focusing on a balanced multi-disciplinary approach. To purchase your sessions, the following options are available:

Option 1	Option 2
25 BodySPace Wellness Credits £3250	50 BodySpace Wellness Credits £6000

55 Hans Place, Knightsbridge, London, SW1X 0LA

www.body-space.co.uk

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WELLNESS BLOCK MENU

As your wellbeing is our priority, each block of credits gives you access to a variety of activities/treatments, which are complementary to each other.

Personal Training
Pilates
Nutrition*
Bespoke Massage
Physiotherapy
Bespoke Facial
Chinese Fusion Treatment*
Acupuncture*

pre-booked and prescribed CV session can be arranged

ADDITIONAL THERAPIES

To extend your experience, the following activities are available in addition to your wellness membership block.

ADVANCED FACE CARE			ASSESSMENTS & MEAL DELIVERY		
Advanced Bespoke Facial	75 mins	£250	Initial Bodyguard Assessment		£275
Dermal Needling with LED	90 mins	£385	Nutrition Assessment		£200
Glycolic Peel with Oxygen	60 mins	£200	Functional Medical Tests	(recommendation)	
Boost & Recharge LED light therapy	30 mins	£70	Meal Delivery	(recommendation)	
FOUNDER SESSIONS			HYPOXIC CHAMBER		
*subject to availability			*only in FitSPace, our venue in Chelsea		
Founder Pilates with David Higgins	60 mins	£200	Single session	45 mins	£50
Block of 20 sessions	60 mins	£4000	Block of 10 sessions	45 mins	£400
NON-MEMBER TRIAL					
*subject to availability. Credits to be redeemed against personal training and massage only.					
Block of 10 Non-Member sessions 60 mins £1800					

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