

Opening Times

Monday to Friday: 8.30am - 7.00pm

Saturday: 8.30am - 2.00pm

Car Parking available on site

Cancellation Policy

If you need to cancel or rearrange an appointment please let us know as soon as possible. The full fee will be charged if less than 6 hours' notice is given.

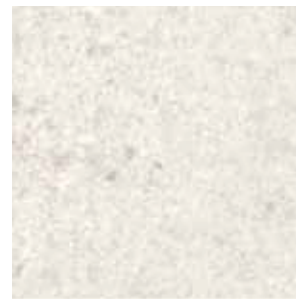
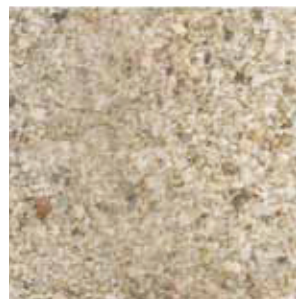
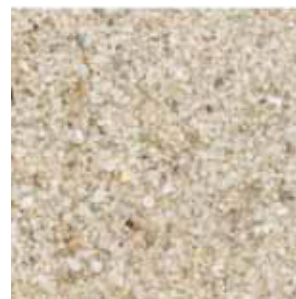
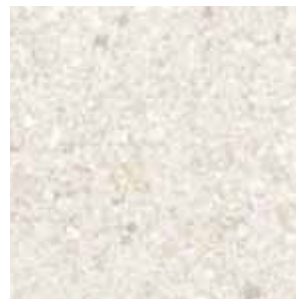
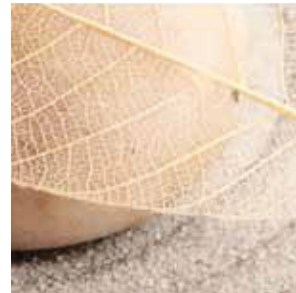
Contact Details

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www.retfordchiro.co.uk



Retford
chiropractic
wellness centre



our philosophy ...

At Retford Chiropractic Wellness Centre, we thrive to bring you the best from the best. Our highly trained staff constantly update their skills and knowledge, and we offer cutting edge treatments, such as Photobiomodulation and Functional Neurology.

Our Chiropractors and Therapists work closely together to provide you with a care plan to ensure you get the very best from your treatment.

But our Wellness Centre is so much more than a centre to come to when you have health issues; it's a place to become educated, to become inspired, to take your health into your own hands, to look after yourself, to relax, and most importantly to be your best.

To help you be your best, we have a range of specifically tailored packages for a treat or special occasion!

Gift Vouchers

Gift vouchers are available for each treatment and make the perfect present for that special someone! If you're not sure which treatment would be most suitable, you can purchase a Gift Voucher to your chosen value; this can then be redeemed either against a treatment or to purchase Dermalogica products.



tinting & waxing

Eyelash Tint	£9.00
Eyebrow Tint	£7.00
Eyelash & Eyebrow Tint	£14.00
Eyelash & Eyebrow Tint & Eyebrow Re-shape	£20.00
Eyebrow Re-shape	£7.00
Lip or Chin	£6.00
Underarms	£8.00
Forearms	£10.00
Back or Chest	£16.00
Bikini Line	£9.00
Half Leg	£13.00
Full Leg	£20.00
Full Leg and Bikini	£26.00



hands & feet

Heated Hand and Foot Treatment	
<i>The hands and feet are exfoliated to remove any surface dry or dead skin; they are then covered in a warm aloe-vera paraffin wax; heated mittens and booties are used to allow the nourishing and healing properties of the wax to diffuse into the skin.</i>	
hands or feet	30 minutes - £16.00
hands and feet	60 minutes - £30.00
Manicure	£16.00
<i>The classic manicure includes specific cuticle work and nail preparation followed with a luxury hand and arm massage, and is completed with a file and polish.</i>	
Luxury Manicure	£21.00
<i>Our luxury manicure allows you to enjoy all the above with the added luxury of a hydrating hand masque used alongside heated mittens.</i>	
add paraffin wax	£10.00
Gel Polish Manicure	£20.00
<i>A durable, chip free polish with superior shine and easy removal.</i>	
Pedicure	£20.00
<i>Our classic pedicure includes specific cuticle work and nail preparation followed by exfoliation and luxury foot massage, and is completed with a file and polish.</i>	
Luxury Pedicure	£25.00
<i>Indulge in all the above with the added luxury of hydrating foot masque used alongside heated booties for extra relaxation.</i>	
add paraffin wax	£10.00
Gel Polish Pedicure	£24.00
<i>A durable, chip free polish with superior shine and easy removal.</i>	
File & Polish	£8.00

complementary therapies

Chiropractic Treatment	
<i>Chiropractic is a drug-free hands on treatment suitable for the whole family. Our Chiropractors will assess each patient as an individual and determine an appropriate treatment plan tailored to your needs. Chiropractors specialise in the diagnosis, correction and prevention of disorders of joint and muscle problems, which may help relieve pain and improve an overall feeling of well-being. Our Chiropractors have a range of special interests, such as Sports Chiropractic, Paediatric Care, Nutrition, and Functional Neurology.</i>	
Initial Consultation including 1st Treatment	£55
Initial Consultation Child/Student	£40
Treatment Visit	£32
Treatment Visit Child/Student	£28
Reassessment Visit	
(absence of chiropractic care for more than 1 year)	£45
Photobiomodulation	
<i>Photobiomodulation is a light therapy using lasers or LEDs to improve tissue repair, reduce pain and inflammation wherever the beam is applied. The therapy is suitable in the treatment of sports injuries, arthritic joints, neuropathic pain syndromes, back and neck pain.</i>	
15 minutes	£45
30 minutes	£70
90 minutes with detox foot spa	£90

Sports Massage	45 minutes - £27.00
<i>Sports Massage is a form of massage involving the manipulation of soft tissue which can benefit a person engaged in regular physical activity. Sports Massage is designed to assist in correcting problems and imbalances in soft tissue that are caused from repetitive and</i>	

strenuous physical activity or trauma. Application of Sports Massage prior to and after exercise, may enhance performance, aid recovery and prevent injury.

Hypnotherapy	90 minutes - £60.00
<i>Hypnotherapy is a form of psychotherapy used to create change in a patient while in a state of sleep, known as hypnosis. The word hypnosis comes from the Greek word "hypnos" which simply means, "sleep." The therapy itself uses guided relaxation techniques from a trained therapist that invoke feelings of intense relaxation, concentration, and/or focus to achieve a heightened state of awareness. Hypnosis can be useful for conditions such as IBS, anxiety, fatigue, weight loss, phobias, stress and the desire to stop smoking.</i>	
Kinesiology	90 minutes - £60 .00
<i>Kinesiology is a non-invasive alternative therapy that works with your body's energy system. Using Muscle-testing therapy techniques allows the Kinesiologist to know what the body needs in terms of nutrition, supplements, vitamins, and minerals. Kinesiology works on all levels of your health, physical, psychological, emotional and nutritional, to help you achieve a better feeling of health and wellbeing.</i>	



complementary therapies

Reflexology 60 minutes - £38.00

Reflexology works with the pressure points on the feet to help the body restore and rebalance itself naturally. A firm pressure is sustained throughout the treatment to enable the organs and glands to respond to the nerves they correspond with. Reflexology helps your body to seek its own equilibrium to achieve well-being whilst leaving you with a feeling of relaxation and calm.

Hot Stone Massage 1 hour - £38.00

An energising treatment that helps rebalance the mind and body. Volcanic stones are used to massage the body, whilst the warmth from the stones helps to penetrate deep into the muscles and cause a deep state of relaxation leaving you feeling revived and rejuvenated.

Lymphatic Drainage Therapy 45 minutes - £28.00

The treatment begins with a dry body brushing which stimulates the blood supply and lymphatic flow; this is followed with a light massage which helps to drain toxins and waste materials from the body. A therapy perfect for an overtired and fatigued client, for someone recovering from an illness or suffering with long-term complications.

Indian Head Massage 45 minutes - £28.00

Indian Head massage is an invigorating massage to the shoulders, neck, scalp and face. The treatment purely relies on pressure point massage techniques to relieve stress and tension from the body. The massage provides a therapeutic and uplifting experience, which will leave you totally relaxed and up-lifted.

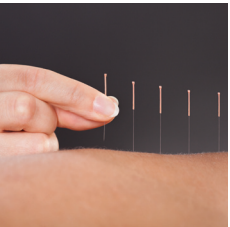
Hopi Ear Candles 45 minutes - £26.00

Hopi ear candles can help to rebalance and release pressure in the ears, head and sinuses. The treatment can be effective for conditions such as migraines, glue ear, nervousness and earache. The gentle sound and movement created by the flame of the burning candle generate a mild vibration on the eardrum, and a massage-like effect on the inner ear, which together with the warmth of the candle and the release of the essential oils can soften ear wax. The therapy includes a relaxing scalp massage, and concludes with a facial massage to help drain the sinuses.

Acupuncture

An ancient Chinese system of health to restore harmony and balance in the body, mind and spirit. Acupuncture is not only helpful for pain relief and illness; it is very effective in stress relief and for personal and spiritual developments. As well as treating symptoms, acupuncture is used to rebuild the energy structure of the body, mind and spirit.

Initial Consultation Treatment Visits Child Treatment Visit 1 hour - £40.00 30 minutes - £32.00 30 minutes - £26.00



facials

Regular facials whilst nourishing and hydrating the skin may help to improve skin elasticity, tone and texture; they may also help to fight problematic and congested skin and can prevent breakouts.

Each facial begins with a skin analysis which identifies your individual skin type and helps the therapist to tailor your prescription facial with the appropriate Dermalogica products. This is followed by a deep cleanse and exfoliation with steam treatment enhancing the effectiveness of the products. To complement this, a facial masque is applied which hydrates and conditions your skin. Longer appointments allow for a shoulder, neck, scalp and face massage. Facials conclude with an application of your prescribed Dermalogica serums and moisturiser.

Our facials are suitable for men, women and teens alike. Specialist Dermalogica products are used to help combat a range of skin conditions including premature ageing, acne and pigmentation. In addition to our facials, our skin care specialists offer free Dermalogica mapping to offer you bespoke skincare advice.

Express Facial Prescription Facial Luxury Facial 30 minutes - £22.00 60 minutes - £35.00 75 minutes - £40.00



massage

Massage therapy has been used for centuries as an aid to well-being and has long-term health benefits. Whether you're looking for a deep sports therapy massage, which has a corrective effect on the muscular system, or a calming, relaxing massage incorporating hot stones and hot towels, your massage at our Wellness Centre will be tailored to suit your individual needs, using unique techniques to aid deep relaxation and promote a peaceful state over the entire body.

Our highly trained therapist will consult you before your treatment begins, and tailor your massage to your individual requirements.

25 minutes - £18.00 (Only available alongside a chiropractic treatment) 30 minutes - £21.00 60 minutes - £38.00 90 minutes - £52.00

Hot Stone Back Massage & Dermalogica Facial 75 minutes - £45.00

Myofascial Release

Myofascial Release Massage is a soft tissue therapy for the treatment of immobility or pain. The massage focuses on rehabilitating muscular tension by elongating and softening the connective tissue using a combination of release and stretch techniques.

45 minutes - £28.00 60 minutes - £36.00