

AMICUS THERAPY is located at Saints Health and Fitness (part of St Austell Rugby Club) where treatments are available to all individuals, offering a range of treatments varying from relaxing hot-stones to sports injury management .

Lauren holds an Honours degree in Sports Therapy and is a member of the Society of Sports Therapists. Her enthusiasm for the anatomy of the body and sports injuries in particular comes from her love of Taekwondo- a sport in which Lauren has gained many sporting-related injuries herself over the years. Since graduating she has worked with players at St Austell Rugby Club and in a private practice in Newquay.

Regardless of the sport you're involved in and to which level you train / compete, massage therapy is beneficial simply for an individual's general well-being - promoting relaxation, enhancing function, assisting in the prevention of injury and to aid the repair of muscles and healing of minor injuries before they reach a stage that will interrupt training.

Hot stones therapy has a number of benefits, including promoting deep muscle and tissue relaxation , alleviating stress, releasing toxins, relieving pain, improving circulation and calming the psyche.

Health conditions treated with hot stone massage include: muscular aches and pains, back Pain, stress, anxiety, circulatory problems, insomnia and depression.

Sports taping is a common technique used by physical therapists to help prevent injuries as well as to stabilize an existing injury. The benefits of athletic taping include: prevention of injuries, protecting athletes from doing further damage to an existing injury, supporting the surrounding muscles, improved coordination, providing stability and support to joints of the body that may be unstable.

Lauren will tailor your treatment to meet your personal needs and looks forward to meeting you. If you wish to discuss your treatment needs or make an appointment you may contact Lauren on:

**07964 107422**

Or

**amicustherapy@gmail.com**

### **TREATMENTS & PRICES**

- Initial Consultation & Massage Treatment - 90 mins £40
- Massage Treatment - 75 mins £30 / 30 mins £15
- Pre-Paid series of 3 treatments - 75 mins each £80
- Hot Stones - 75 mins £40
- Athletic & Kinesiology Taping - Price on request
- Ultrasound therapy - 4 sessions @ 15 mins £30
  
- Gift Vouchers available

### **Arrival**

For your first treatment, you are asked to arrive 5 minutes before your appointment to allow yourself time to change (if appropriate), fill out a client information sheet and short health questionnaire. If you have come straight from a training session and have time for a shower, this is much appreciated. Showers and changing facilities are available at Saints Health and Fitness. Muddy bodies are not welcome on the couch! If you are running late for an appointment, a courtesy call would be greatly appreciated. Please note that late

appointments may not be honored. We kindly request that mobile phones are turned off when you are in the treatment room.

**What to wear**

If your treatment includes leg massage, to ensure that your muscles are comprehensively treated, please wear either loose running shorts or briefs. Cycle shorts are NOT appropriate as the muscles are not fully accessible. If you are comfortable in your underwear, this is also appropriate. You will be offered towels to cover you.

**Payment**

We ask that you make payment at the end of your treatment unless you have pre paid for a series of treatments. Cash or cheque with a bankers card made payable to "L. Noonan" are accepted.

**Cancellation Policy**

Please note that Amicus Therapy operates a cancellation policy which requires a minimum of 48 hours notice. Less than 48 hours notice will incur a 50% charge of the treatment booked.