



In the comfort of your own home,
Mii Fitness offers:

- Personal Training (Block of 10 £300) £35 - 1 hour
- Sports & Remedial Massage £34 - 1 hour + free consultation
- Swedish Massage £35 - 1 hour
- Deluxe Swedish Full Body Massage £45 - 1 hour 30
- Indian Head & Thai Foot Massage £20 - 40mins
- Back Neck & Shoulders £25 - 50mins
- Diet/Nutrition (Assessment & Plan) £25
- Home Spa Experience See website or contact Cat

Call Cat: 07860156454
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www.miifitness.co.uk