



## Relaxation packages

Lay back and relax in the comfort of your own home; mii fitness will come to you.

Choose from a range of treatments to take those stresses away

Treatments include:

- Complete relaxation  
1 hour - £25
- Swedish massage  
1 hour - £28
- Deluxe swedish  
1 hour 20 mins - £38
- Back neck and shoulders  
50 mins - £25
- Indian head  
40 mins - £20
- Thai Foot  
40 mins - £20

Want to share your experience - why not try the Home Spa Experience where you and your friends can enjoy a day or night getting pampered together.

Whatever you choose mii fitness will do what they can to provide you with the highest standards to help you drift into relaxation and forget your troubles.

For further information please contact:

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