



## 'Work Related Pain or Injury' Treatment Plans

For those who are struggling with pain due to the nature of their work..

**Bronze Plan**  
**£275 Pay in Full**  
**or 2 Payments of £137.50**  
**Save £25**

**What's Included:**

6 x 60-90mins treatments/therapy sessions to reduce pain, discomfort & flare ups.

Home Rehab Plan - Specific Exercises to do between sessions to help you get back to normal more quickly

**Silver Plan**  
**£550 Pay in Full**  
**or 2 Payments of £275**  
**Save £50**

**What's Included:**

12 x 60-90mins treatments/therapy sessions to reduce pain, discomfort & flare ups in more than one area of the body

Home Rehab Plan - Specific Exercises to do between sessions to help you get back to normal and stop the pain from returning

## 'Sports & Exercise Injury' Treatment Plans

For those who have injured themselves playing sport or working out...

**Bronze Plan**  
**£185 Pay in Full**  
**Save £15**

**What's Included:**

4 x 60-90mins treatments/therapy sessions to reduce pain, discomfort & flare ups.

Home Rehab Plan - Specific Exercises to help with rehabilitation between sessions

**Silver Plan**  
**£275 Pay in Full**  
**or 2 Payments of £137.50**  
**Save £25**

**What's Included:**

6 x 60-90mins treatments/therapy sessions to reduce pain, discomfort & flare ups.

Home Rehab Plan - Specific Exercises to do between sessions to help you get back to normal more quickly

## 4 Reasons to Choose a Treatment Plan ...

- ✓ You'll be able to choose the days & times that are better for you
- ✓ You'll have the right frequency of sessions to help the healing process
- ✓ You'll be given a home rehab plan to help speed up your recovery
- ✓ You'll save money

## What Other's Are Saying About Swansea Therapies ...



### Testimonial



I have had reflexology, hot stones, bamboo, Swedish & sports massage with Lindi & always go away feeling calm, healed & relaxed. I rarely suffer migraines in the years I have been having regular reflexology & Lindi always sorts out my knots! Since Covid I feel very safe having treatments & she is very good value for money



### Testimonial



Have recently been having treatment for a painful knee I thought I would not be able to run again I have had 4 treatments and already up to running. 3 x 5k runs a week !! I can highly recommend Lindi she has extensive experience and knowledge and wish I had come to her a long time ago she's also an awesome fitness and yoga coach !!



### Testimonial



Really warm welcome on arrival. Setup very professional. Room clean and Lindi really friendly. Been suffering with shoulder and arm pain, Lindi diagnosed the problem immediately, treated the areas and more than happy to say she has eased my pain and my mobility in both shoulder and arm and has increased. Thank you. 5 star treatment!. Highly recommended. 🙌👏👏👏👏🙏



### Testimonial



Amazing! After having years of trouble with my back. Lindi has sorted it. I can't recommend her enough. Completely understanding & tailors to your needs. She has a wealth of knowledge. The fact you can mix treatments is brilliant! Never had ultrasound before but for any injuries it's 10/10!!!