

t: 0118 926 1464  
m: 0787 178 229  
e: diksha@fixme.org.uk  
a: 26 Allonby Close, Lower Earley, Reading, RG6 3BY



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### Massage:

Lower body: foot massage, legs, gluts & lower back	45mins	£45
Upper body: head, neck, shoulders, upper back	45mins	£45
Package: 5 sessions bought together		
(Upper and lower body sessions can be combined)		£215
Full body massage	60 mins	£60
Package: 5 sessions bought together		£285

### Massage & Realignment:

Sports massage with skeletal realignment	75mins	£80
(Full body only)		

### Pre and Post Event Physical Therapy offerings

Area of the body requiring attention is dependent on the sport.

It is recommended that the full body be treated before and after the event:

If bought together:

pre & post event half body massage	£85
pre & post event full body massage	£110
pre & post event full body massage & realignment	£150

### Pre Event Mental Preparation using Hypnotherapy and Mindfulness Meditation

Clinical hypnotherapy combined with Mindfulness meditation is a powerful tool to ensure optimum sports performance on the day.

60 mins      £80

### Testimonial

**“Diksha does what she says – she fixes you.... Diksha has sorted me out many a time; her knowledge, intuition and hands are freakily amazing.” Ellie**